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# ATHLETIC JOURNAL

June 1960

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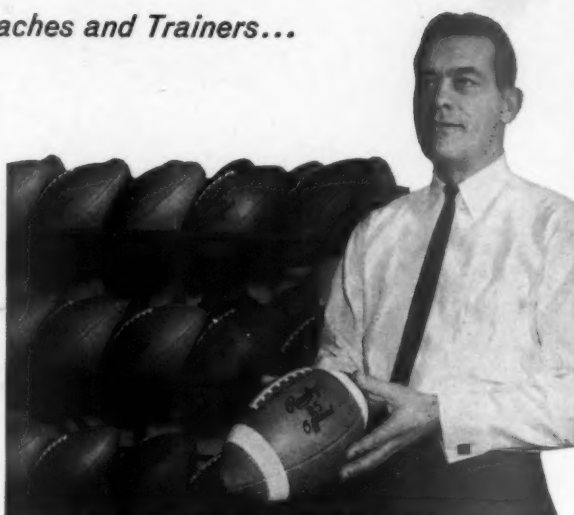


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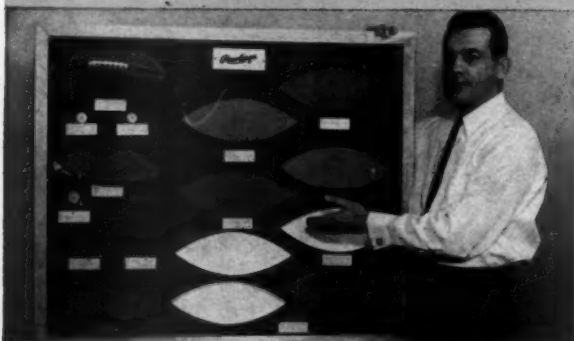
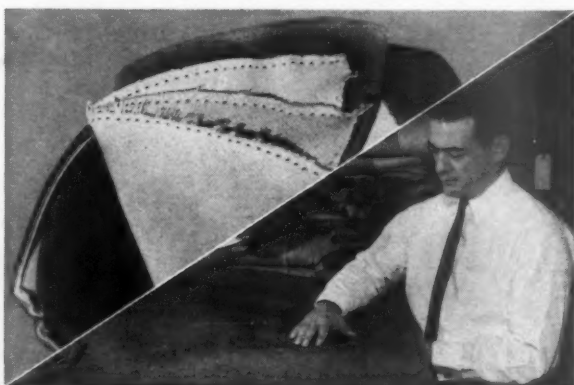
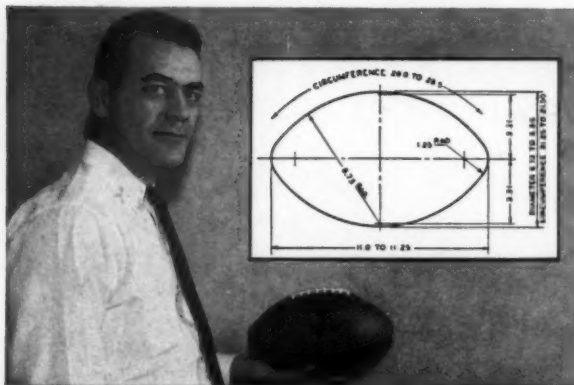
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## A Look at the Past Year

A coach constantly revises his offense to stay ahead of the defense used by the opponents. We feel that a publication must constantly be on the alert for new features. In this vein, we added to our pages this year the "Notebook of Defensive Drills" and "Coaches' Clinic." Judging from the comments both were well received. We are firm believers in the value of visual education in all phases of education, and particularly in athletics. Exclusive of the numerous pictures and diagrams appearing in this issue, we have carried 752 of the former and 493 of the latter during the previous

nine issues of this volume. This figures to 43 per cent more than the amount carried in any other coaching magazine. Among the picture series, we are particularly proud of our exclusive Dodger batting pictures, and the sequence of America's newest mile sensation, Dyrol Burleson. Our paid subscription list went over 22,000 for the first time, an increase of 3000 over the past four years. The status of your subscription is shown opposite the front cover. If it has expired, you can help us by renewing early in the summer, and at the same time assure receiving the September issue promptly. The card in the back will bring you the new literature and information on equipment and supplies.

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## FRONT COVER ILLUSTRATION

One of the tactics used by ends in releasing from the line is a pivot. Here the end uses a reverse shoulder block. The motion of the left arm being pulled back will aid the end in pivoting away from his opponent. The article on end releasing begins on page 10.



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from here  
and there

**G**ENE CORUM, West Virginia's newly appointed football coach, played on the 1947 West Virginia team that encountered one of those seasons when the weather seemed to be unusually bad. In the Pitt game, the last game of Corum's career, he blocked a punt on the snow-covered Pitt field, gave chase, and fell on the ball which appeared to be in the end zone. When the snow was brushed away, it was found that the ball was on the 10-yard line, not the goal line, and he was deprived of the only touchdown of his playing career . . . While we're on the subject of West Virginia, how about the basketball coaching record of Neal Baisi of West Virginia Tech whose teams averaged 105 points per game over the past six years? . . . Eight of the 14 world's records in Olympic events are held by Americans . . . A fifteen-year study at West Point shows that there is a significant relationship between the physical fitness of cadets at the time of entrance and their ability or failure to graduate. Slightly better than half of all cadets dropped from the Academy ranked in the bottom 7 per cent on the entrance physical tests. Conversely, better than a third of the cadet officers in their senior year were in the upper 7 per cent of the entrance physical aptitude tests. Also of interest is the fact that the greatest percentage of discharges

for academic failure were to be found among the bottom 7 per cent physically.

★ ★ ★

**C**LYDE LITTLEFIELD, University of Texas track coach, earned 12 letters in football, basketball, and track at Texas, was an all-state player nine times, and captained two teams at his alma mater. In fact, the only race he lost in college competition was to his long-time coaching rival, John Jacobs of Oklahoma who beat him as Littlefield fell on a hurdle . . . High school baseball has shown a 300 per cent increase in the number of participants over the past fifteen years. In addition to the efforts of school men, a great deal of credit goes to the interest created through Little League. Let it be said that the *Athletic Journal* strongly supported the Little League program when other publications in the field openly criticized or at the best remained strangely quiet. Whereas it was previously considered harmful for young boys to be subjected to highly competitive sports, we note with interest and enthusiastically endorse the AAHPER's track and field project for boys and girls from the fourth through the twelfth grades. Before leaving the subject, let us add that we just as wholeheartedly support kid football of the Pop Warner va-

(Continued on page 32)



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### Question:

What do you recommend as a voluntary summer conditioning program so that the players will arrive for fall practice in top shape?



**MILTON BRUHN, University of Wisconsin**

We feel a player's mental approach to the coming football season is tremendously important. Letters are sent periodically urging them to report in good physical condition. The three aspects of summer conditioning we stress are sprinting, agility drills, and weight lifting. A little sacrifice during the summer, particularly in getting the legs and wind ready, will more than pay off in preventing many early season injuries. It is important for a player's feet to be in good shape so that time is not lost due to blisters. Linemen, who have a tendency to become heavy, are asked to report under a specific weight. Summer employment in construction work will aid in physical development and the conditioning process. It is not only the will to win that counts, but the will to prepare to win may be even more important.



**ROBERT S. DEVANEY, University of Wyoming**

We feel it is best for a player to forget football for the first month he is home from school. Following this period of relaxation, our players are instructed to work out for approximately one hour a day. These workouts should consist of running and a few conditioning exercises such as sit-ups, push-ups, etc. Two weeks before reporting for fall practice they should increase the time and intensity of their workouts. If instructions are followed, they will be in fairly good shape and in this two-week period they can get themselves into condition for the start of practice. Certain weight lifting exercises that will best improve individual deficiencies are also recommended. Each player who is inclined to be overweight is told the weight he should be when he reports in the fall.



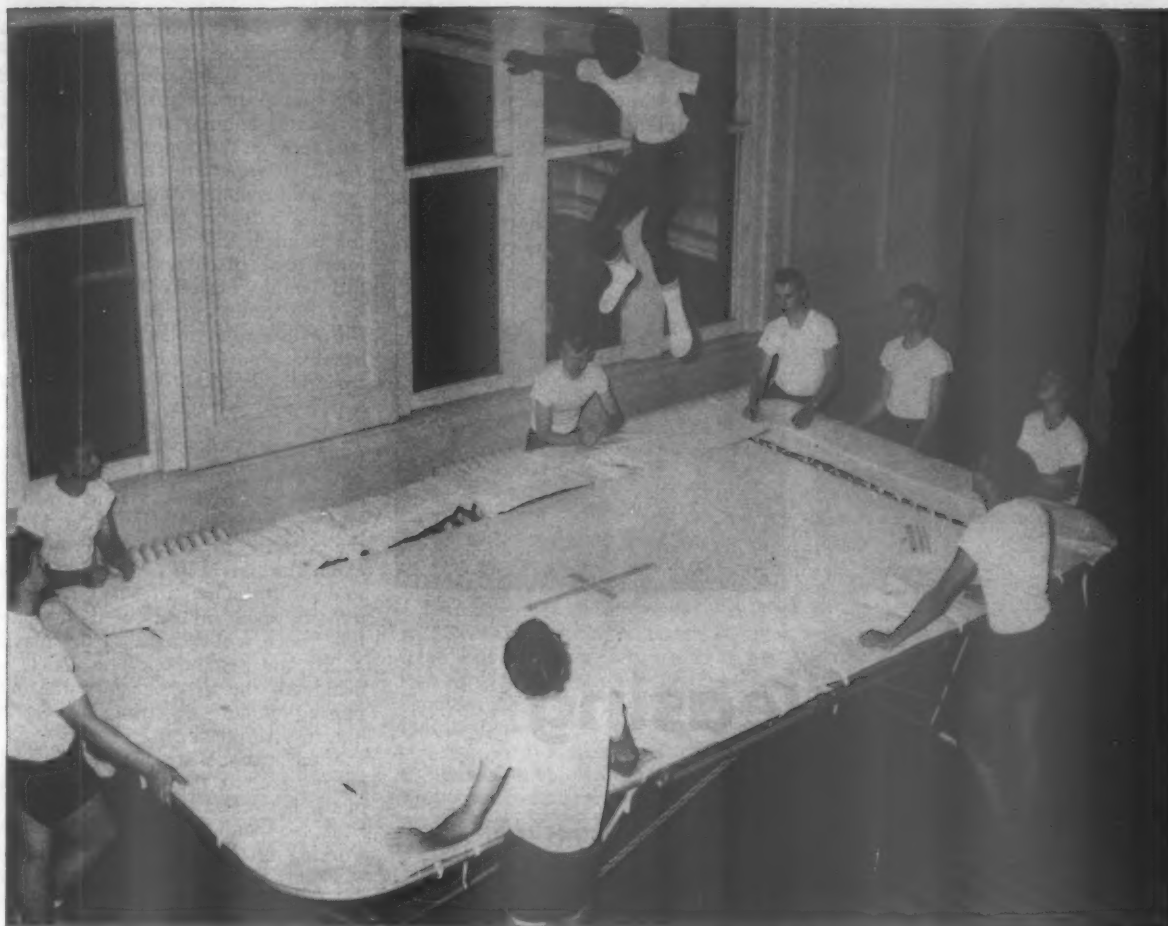
**CHARLES WILKINSON, University of Oklahoma**

The problem of conditioning is discussed with each player prior to the end of school. He is told exactly what weight we feel he should carry the first day of practice. Roughly, the conditioning program recommended is as follows: 1. Maintain reasonable condition during the month of June by occasionally jogging and sprinting after doing a few calisthenics. If possible, lift weights twice a week. 2. During July work out three times a week. In addition to the calisthenics and jogging and running, begin to work on various agility drills. 3. During the month of August work out at least five times a week. Begin to adhere to strict training rules regarding hours of sleep and pay particular attention to weight. Since our two-a-day practice sessions are much more physically grueling than any game can possibly be, the player must be in perfect shape the first day of practice.



**GEORGE ALLEN, Chicago Bears**

My recommendations are as follows: 1. Some boys need work only three days a week to maintain a level of physical conditioning, while others must drill six days a week. 2. We do not want any player to report "too fine." Preliminary conditioning is necessary. 3. Our training program is broken down into four categories: Running up to 440 yards. Marathon running is not necessary. Sprinting up to 30 yards for everyone. Starts to improve the take-off up to 5 yards. Grass drills for agility and to toughen the body. 4. Certain players jump rope during the summer. This exercise is excellent for coordination and leg conditioning. 5. The deep backs and linebackers are instructed to do some running backwards.



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1. This illustration shows the end's stance with his tail high and his body weight on his arm. His feet are in a semi-sprinter's stance with a heel-to-toe relation.

2. The initial step is taken with the inside foot to the inside of the defensive player. It is a short step with the head and shoulders straight ahead.



# End Releasing

By **BILL LUCIER**

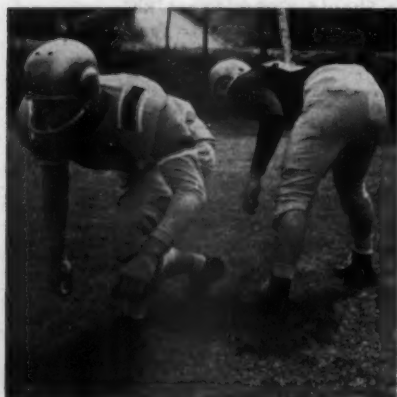
*End Coach, Michigan College of Mining and Technology,  
Houghton, Michigan*



3. As shown, the second step is a quick longer stride to the outside of the defensive man. Now the end's head and shoulders are directed to the path he will take.

## Series A Jab Step

4. The next step is taken into the pass pattern with the end remaining low in a semi-crouched position.



THE recent trend in football has necessitated the development of specific and significant details. Coaching specialists are assigned to definite positions, scouting reports and movies pick flaws in the opposition to the finest detail, defenses are continually changing and becoming unpredictable. These are just a few of the details; however, the point is that the game has developed to a place where a number of little things must be put together before the result can be successful.

For example, at Michigan Tech we break our passing game down into five basic fundamentals for the ends. When a pass play is called in the huddle, he automatically considers five points as follows: First, how he is going to free himself at the line of scrimmage. Second, the pattern he is to run. Third, the fake he can use on the defender. Fourth, the manner in which he is going to catch the pass. Fifth, what he is going to do with the ball after he has it. Time must be spent on each of these phases, how much will depend on the player's ability and weaknesses. This article will deal with the first phase of the end's passing game — getting free at the line of scrimmage.

Some players have little difficulty getting free at the line of scrimmage, but it is necessary for the majority of ends to spend a great deal of time working on line releasing techniques.

Teams with fair passing attacks will often find their ends checked and held up at the line of scrimmage. Some of our defenses are based on the principle of checking and holding the ends at the line of scrimmage.

About eight methods of releasing at the line of scrimmage are offered to the ends. It is not recommended that they learn every one, because all ends are not built the same physically and able to accomplish or master the methods well enough to make them effective. However, we do insist that they learn three or four ways to free themselves.

Before actually teaching these techniques, we try to point out to each player that he is not only getting free at the line of scrimmage, but he will have an advantage downfield. If the defensive halfback is keying on the offensive end for a tip to a pass play, the fake at the line of scrimmage may sometimes cause a split-second of indecision on the part of the defensive back and might provide the half step that is needed to get in position to receive the pass.

Perhaps the simplest method of getting free at the line of scrimmage is to split from the adjacent tackle and isolate any defensive man who is assigned to check the end. Thus the offensive man has an advantage and the defense is weakened considerably. Most

of the time the defense will let the end go unchecked. Splitting is usually done in an obvious pass situation when there is little need to fool the defense. However, when an end splits, he spreads the defensive backfield and usually gives himself better angles from which to run his pass patterns.

Any situation where the defense must be fooled calls for good line releasing. The fake the end uses at the line, because of the time involved, will sometimes depend on the backfield maneuver whether it is a straight drop-back, roll-out, belly, etc.

The first technique we teach is the simple jab step into the line of scrimmage (Series A). This is perhaps the easiest release to teach because it resembles the head and shoulder fake with just the hips and feet involved. For example, a right end would take his initial step with his left foot to the inside of the defensive check. This step is a short one so none of the coiling power of the stance is lost. His head and shoulders should remain straight ahead. If his head and shoulders turned in with the fake, the end could be forced into a position where he would be off-balance if checked by a defensive man. The second step is a long one taken to the outside of the defensive man. The coiling power of the end's body should be released at this instant so that if a defensive man makes contact, he will meet the direct thrust of the coil from the stance. His body should be kept low through the first step and rise with an upward thrust on the second step. We prefer that no contact be made, but if it is, it should be made with all the power at the offensive man's command.

This method and all our methods are taught by placing the player in all the positions and explaining the purpose of each one. The players are told exactly what is expected of them. We work on the standing dummies until the boys have mastered control of their bodies, progress to the hand dummy, and then work live, first at quarter speed then gradually speeding the action. The boys work in pairs and are instructed to correct each other. We feel that the constructive criticism they give each other is one of the best teaching aids.

Our ends are told that after they cross

the line of scrimmage, then they should take their first steps in a semi-crouched position. This low position will give the defensive halfback some concern as to whether the end has a downfield blocking assignment or is on a pass pattern. Once again, this hesitancy might be the step the end needs to get position. We try to make our end conscious of this fact and use it in all passing drills.

The next method is the fake block and slide (Series B). In this release, the end actually makes contact with his opponent. The purpose of making contact is to give the impression to the defensive man that the play could be a running one and to try and distract his attention from the end. Using the right end again for an example, the block would be made on the left shoulder and the head should be to the outside. Drive the man one full stride, then dip the shoulder and hold the block so it can slide off easily. At this point the end should be free and continue on his way.

Like the jab step, this release is taught with passive work on the standing dummies. The drill is used not only to perfect the release, but for reaction and conditioning. After our players have mastered the technique, an obstacle course with dummies is set up in order to increase their running coordination. The course is changed frequently to maintain interest and combine shoulder rolling, hurdling, etc. Usually, the drill is finished by allowing the end to catch a pass.

Some of our ends like to submarine, a release which has been most effective (Series C). This term describes exactly what we are trying to do. The end tries to release himself by going underneath the defensive check. Our ends have had a great deal of success with this release. The method gives the impression that the end is trying to scramble to his feet and, unorganized as it might appear, there are four specific steps in the operation. Their stance calls for considerable weight on the down arm with the tail high because the ends, like the balance of the linemen, are instructed to fire out fast in accordance with the split T offense. The submarine release takes advantage of this stance.

The first step is to move the hand

## Series B—Fake Block and Slide

1. This illustration shows a side view of the stance used in the block and slide.
2. Contact is being made in the second illustration, and the defensive man is driven back one complete stride.
3. In this illustration the end's head is beginning to slide toward the de-

fensive player's hip.

4. The arm holding the block (inside arm) with the fist clenched is thrown to the outside in the direction the end intends to take.
5. His inside arm has been extended and the end has been able to slide off the check.



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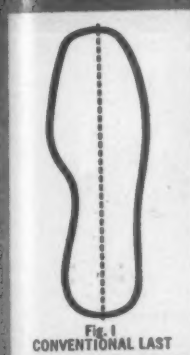


Fig. I  
CONVENTIONAL LAST

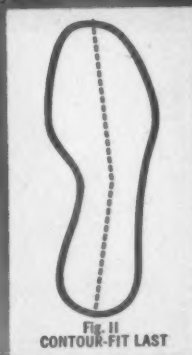


Fig. II  
CONTOUR-FIT LAST

Contour-Fit became possible when Spot-Bilt discarded the straight line theory — an imaginary straight line that bisects ordinary football shoes from heel to toe (Fig. I) — and developed the angled line theory to match the natural shape of the foot (Fig. II). The result is a complete, natural fit because Contour-Fit hugs the heel, molds to the curve of the arch and instep, and shapes to the ball of the foot as no shoe ever has before.

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**Tested and proven** Spot-Bilt initiated the Contour-Fit Research Program in 1952. Thousands of X-ray studies, countless hours of laboratory tests and two full years of "in-play" testing have gone into the perfecting of the Contour-Fit design.

**Most compact** shoe ever built, Contour-Fit is patterned wide at the toe to permit natural toe spread and wiggle. The result: the foot is continuously balanced for maximum power and thrust from the time the ball of the foot touches the ground through the moment the weight shifts to the toes and the toes spread and thrust powerfully forward. This design also makes Contour-Fit shorter and more maneuverable than the ordinary football shoe.

**No break-in period needed**, because there is no blister-making looseness in Contour-Fit. Experienced football players have found that a shoe must be fitted snugly, almost tightly, if it is to fit properly through game after game. The soft Australian kangaroo upper of the Contour-Fit permits it to be broken-in with no discomfort whatsoever and gives, after a few practice sessions, the hugging "second skin" fit that provides the ultimate in support and foot control.

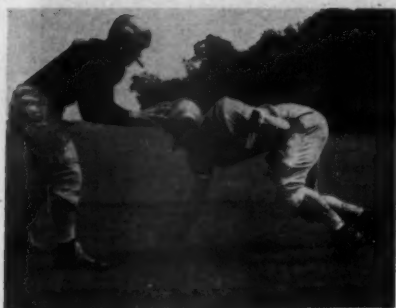
**New cleat arrangement**, patterned to give full support at the exact weight-bearing points, is made possible by the Contour-Fit last. Coinciding with the weight-bearing bones in the forepart of the foot, the new 4-cleat arrangement gives more traction and driving power, better balance.

**The hottest shoe in football.** Contour-Fit has already received enthusiastic acclaim from both player and coach in the short time since its introduction. Spot-Bilt offers 15 new Contour-Fit models in 1960.

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The fit of your players' football shoes is often neglected, yet improper fit will quickly ruin the finest player's effectiveness. Look at the shoes your players are wearing now. In most cases, you'll find that there is plenty of room for a better fit . . . the better fit of a Contour-Fit, the only true fitting athletic shoe ever developed. See for yourself . . . write us today and we'll airmail you our Contour-Fit Research Report; it's filled with some disturbing facts on improper fitting practices and how they can be corrected. We'll send along our 1960 Spot-Bilt Catalog, too.

Of course, the true test is to actually put a pair of Spot-Bilt Contour-Fits through its paces. Do it soon. We're sure you'll end up fitting your whole team to Contour-Fits.



## Series C (Left)

### Submarine

1. This illustration shows the stance used for the submarine.
2. The down arm has been thrown out approximately 12 to 18 inches in front of the end, causing his inside shoulder to dip away from the check.
3. After the right hand has hit the ground, the left hand will land approximately 12 inches in front of the right hand.
4. As soon as the left hand contacts the ground, the right foot moves into position and the right hand leaves the ground.
5. The left foot follows the right, and the end should be in his semi-crouched released position.

that is supporting the body about 12 to 18 inches in front of its original position, thus causing the body to dip. Then the left hand is placed about the same distance in front of the right to prevent the body from falling. The right foot should follow up, and as the left comes into position, the end's body should be coming into a running position. When drilling, the ends are told right hand, left hand, right foot, and up. They work on this drill until they can execute it with good speed.

There are occasions when the end has to adjust against particular opponents and would have to drop his own arm laterally to start the submarine. In the beginning, a passive situation is used and then the players walk through the steps of the release. Considerable time is spent on the hand dummies before we attempt to use the release live.

## Series D (Right)

### Pivot

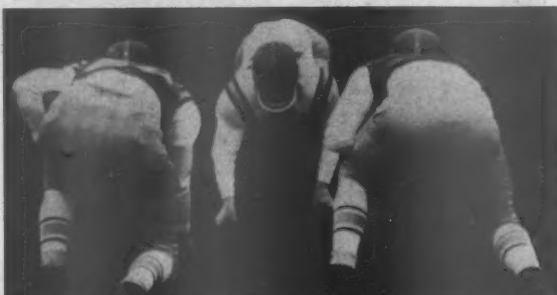
1. This illustration shows the stance used for the spin or pivot.
2. Contact has been made with a reverse shoulder block and the left arm, locked at the elbow, is pulled back as hard as possible. This motion plus the fact that the weight is centered on the right leg will spin the body off the block.
3. This is the position of the body immediately after the spin. Good body control and running position are shown.
4. This illustration shows the end after he has completed the release and is starting on his pass pattern in a low running position.

Another contact release is to have the end pivot or spin off his check (Series D). This method is initiated by a reverse shoulder block with the player placing his head on the side opposite the direction he intends to go. For example, a right end would attempt to make the block with his right shoulder and drive the man laterally along the line of scrimmage. The block is not held, because at the instant of impact all the weight should be centered on the right leg, and the left arm, locked at the elbow, should be pulled back as

(Continued on page 32)



## NOTEBOOK OF DEFENSIVE FOOTBALL DRILLS



### Free Leg

**I**N the free leg tactic, an attempt should be made to draw or sucker a blocker, especially from a double team. It is also practical against a lunging blocker. From a three-point stance, the defensive player should place his leg slightly forward to draw the block. On the snap, his other foot should be brought forward and anchored as his hands hit the shoulder of the opponent in a shiv and contain him. When pressure from the other blocker is felt on the extended leg, the leg should be relaxed, lifted, and then brought forward into the gap which has been created. The next move is to slide from the shiv for penetration.

### Butt-Arm Split

(Illustrated on following page)

The most difficult of the defensive tactics for a player to master, yet the most practical for the big aggressive boy is the butt-arm split.

When he is taking his stance, the defensive player should split his two opponents. On the snap, he should drive both hands to the inside shoulder of the interior opponent. Then he should take his first step with the outside or opposite foot away from the man who is being hit on the shoulder, throw his buttocks into the shoulder of the other blocker, and extend his body to split the two men apart. Should he be slow in getting

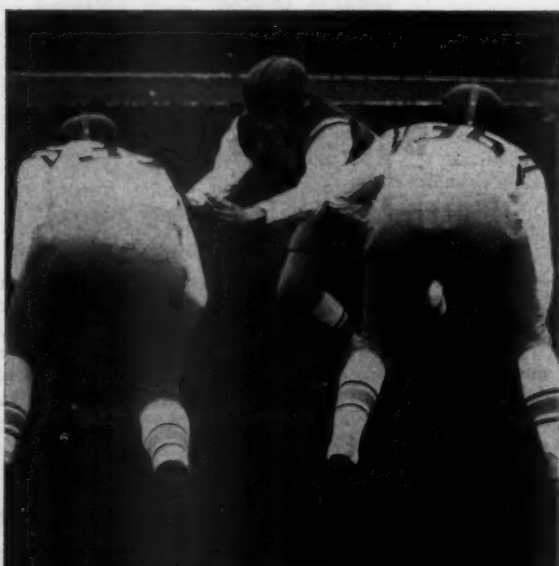


Prepared as a feature of **ATHLETIC JOURNAL**, Sept. 1959 — June 1960  
By George A. Katchmer, Football Coach, Millersville, Penna., State College

his buttocks into the charge, or find himself pinned by the exterior blocker, the defensive man can almost always spread the latter by a thrust of the outside elbow into his ribs. This is not dirty football. All players should be equipped with rib protectors for such protection.

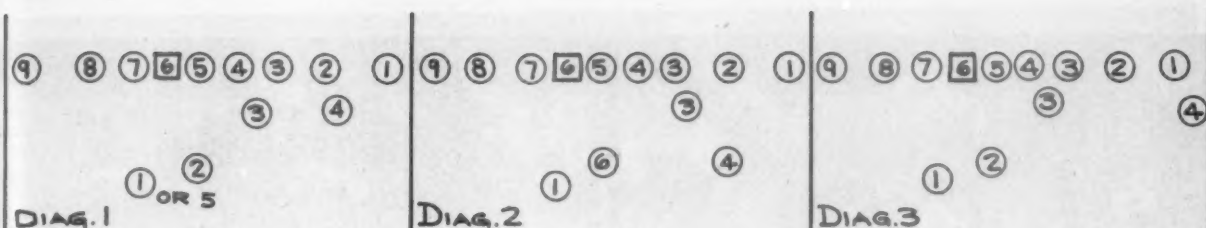
Once a split has been achieved, the defensive man can then play the play or he has blocked up a large area of the line. Then his mission is accomplished.

The drills and tactics which we have presented can be a complete waste of time unless they are utilized positively for improvement. They must be practiced dynamically and with a minimum waste of time. Players will find the rewards completely dependent upon the effort they put into the drills. Wholesome attitudes must be instilled in each player, and they are more easily caught than taught. Motivation and example are prime requisites. The coach should incorporate each phase of the game into the total picture. He should make drills interesting and revealing. Then the results will be positive.



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# The Modern Single Wing

By JIM EVERS

Football Coach, Centralia, Illinois, Township High School

THESE days the single wing is considered old-fashioned. A coach is not following the trend if his team does not operate from the T with flankers, split ends, slot backs, lonesome ends, variable splits, etc. There is no deception in the single wing. It is slow; it is just power football.

What is the oldest formation still in use? Where did the names of the different positions come from if not from the T formation?

In our opinion, there is as much deception possible from the single wing as there is from any other formation. We maintain that the single wing is as fast as the T or any other formation if the tailback or spinner (fullback) is moving when he gets the ball. No T formation quarterback moves as fast with the ball as the ball will travel through the air when it is snapped by a single wing center. We could go on indefinitely enumerating the pros and cons of offensive systems in football. The single wing, double wing, Notre Dame box, T, short punt, winged T, and multiple offense have all been and can be used to advantage in producing a winning team if the following factors are present: (1 the coach believes in the system; (2 he has the ability to teach it to his boys; (3 he has as many good boys as his opponents; and (4 if he and his boys are willing to work as hard and as long or harder and longer than the opponents.

We use the single wing because it is the system we know. In addition, our opponents are not as accustomed to trying to stop this offense as they are the many variations of the T. It has always been our feeling that the primary job of a coach is to teach his boys how to win if he can do so within the rules. That is the American way.

There is not much in football that

is new; however, there are not many coaches who do not have some originality. This originality may not become obvious until a player has had an opportunity to become familiar with a coach's system in its entirety and know how he wants the details carried out and why he wants them carried out in a specific way. The Centralia single wing probably had its beginning at the University of Chicago during the days of Amos Alonzo Stagg. Jimmy Sweeley who played for Stagg later coached at the University of Indiana. One of the halfbacks on Sweeley's Indiana teams was Arthur L. Trout who came to Centralia to coach in 1914 and started football in 1925.

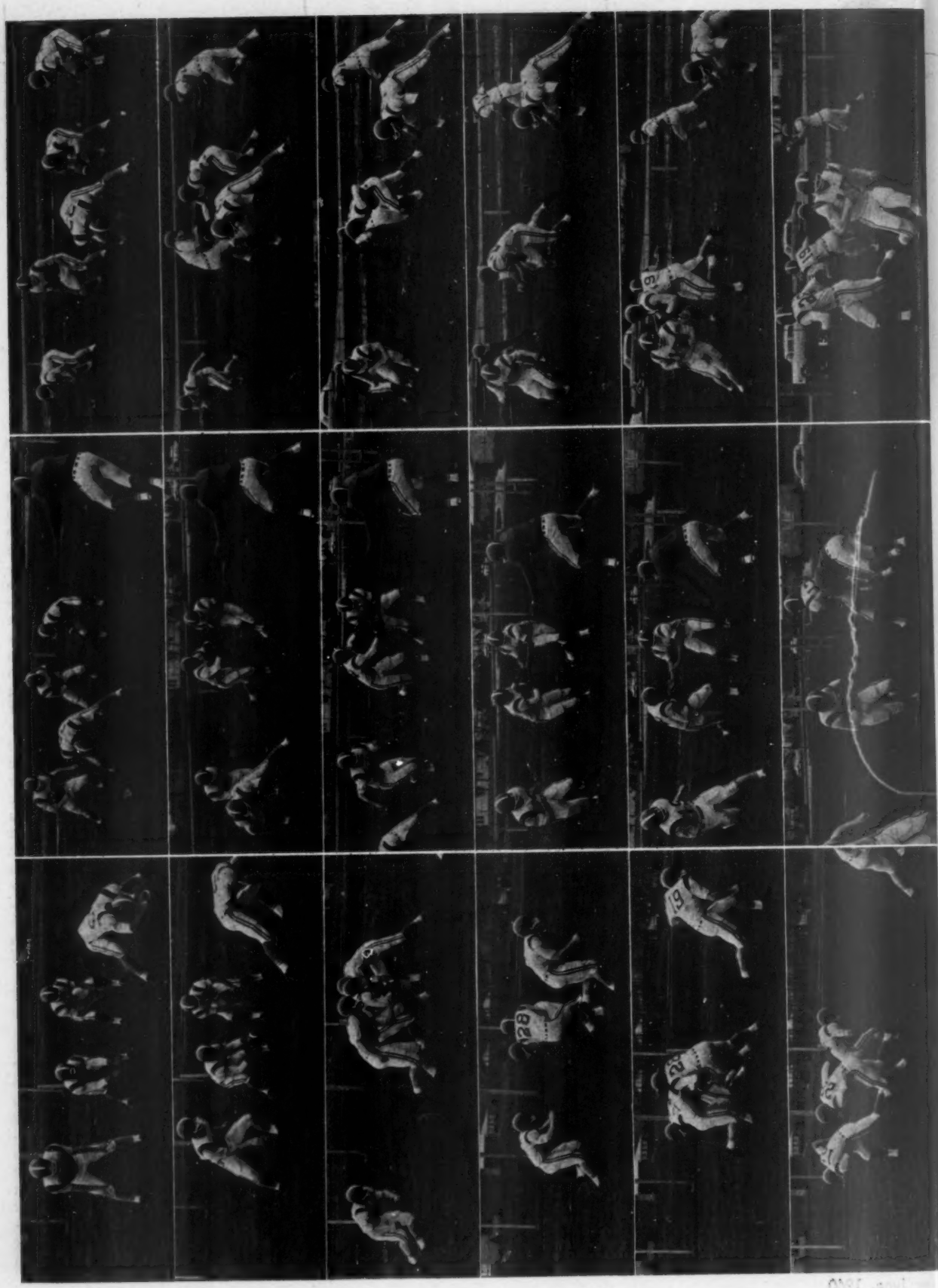
There is no junior high school football at Centralia. Our school is in the South Seven Conference which sponsors a frosh-soph (B squad) championship as well as a varsity championship. In addition to these two squads, we have a freshman squad for freshmen who would not have an opportunity to play very often with the B squad. This latter group plays only about three interscholastic games and two intersquad games per season. The Illinois High School Association does not permit spring football practice. Consequently, we feel it is absolutely essential for the freshman squad and the B squad boys

to be working on the intricacies of the positions they will play in varsity football as juniors and seniors.

Our basic single wing formation with an unbalanced line is shown in Diagram 1. The ends are split about a half a yard, and the balance of the line is tight. All of our linemen use a three-point stance. They are instructed to keep their feet parallel and spread as far apart as they are able. They must learn to pull with a cross step in either direction. Even our center must learn this as will be shown later according to the way he is used on plays to the short side. We have our backs set with their feet parallel so they can start in either direction with equal ease. They do not get down and place a hand on the ground, but crouch with their elbows in the hollow place just above their knees. This position permits their hands to dangle toward the ground at about a 45 degree angle and gives the center a good target. We want the snap to be low. It should reach the tailback or fullback (spinner) about halfway between his knees and the ground. The records show our players fumble less than do the opponents in all kinds of weather.

In selecting the ends, the best blocker is placed at right end and we hope he is the heaviest. Speed and pass catching ability are essential at the left end position. As shown in Diagram 1, the line positions, Nos. 3 and 7, are designated as tackles. The boy who plays left tackle, No. 7, should be our fastest interior lineman. We do not require as much speed at right tackle, No. 3. In fact, we are willing to sacrifice some speed for size and weight at right tackle and inside guard, No. 5. For the outside guard, No. 4, speed is necessary. At center we like to have a boy who has good hands and is tough

Centralia has used the single wing ever since football was started there in 1925. Jim Evers played for Arthur Trout and then served as his assistant from 1942 to 1950. During that time Bill Davies, Jim McKee, and Jerry Wilson, Evers' assistants, played at Centralia. During the past four years this four-man coaching staff has seen their varsity, B squad, and freshman teams win 77, lose 2, and tie 2. The two defeats were by one point each. Each year they have about 120 out for football, a fifth of the boys enrolled in school.



**Upper Left**

In this series, the backfield is running a series



### Upper Left

In this series, the backfield is running a spinner series play in which the wingback sets back even with the fullback. The fullback spun around too fast, exposing the ball (Illustration 5), and making it impossible for the wingback to keep it hidden (Illustration 6).

### Upper Center

This series shows how we run a tailback and fullback option on the defensive right end. Notice the defensive man has shifted his weight to go for the outside man (Illustration 4). When this happens, then the tailback hands off to the fullback going inside.

### Upper Right

A buck lateral with the wingback, No. 17, coming in on the linebacker is shown in this series. The fullback is not controlling his hands well while handing off to the blocking back. Number 19, the blocking back, is doing a good job with the ball in the last four illustrations.

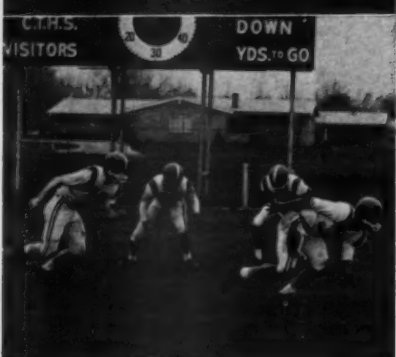


### Lower Left

This series shows a spinner play over the No. 4 lineman. Because of the defensive alignment the two guards must cross-block. We do not send the blocking back through the hole ahead of the ball-carrier when it is necessary for the guards to cross-block.

### Lower Right

The blocking on a play over the No. 5 lineman (inside guard) when he does not have an angle is shown in this series. We trap at both sides of the hole with our left tackle and blocking back. The center and two guards go through into the secondary. We call this our double trap.



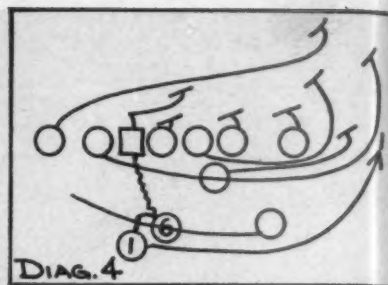
enough to take a beating without flinching. Size is sacrificed for speed when selecting the backfield. Our football players are required to go out for track in the spring. Even if a boy will never have enough speed to place in a track meet, he can improve his speed by running and better his agility and strength in the jumping and weight events.

The No. 1 back, the tailback, is our best passer and the team has been most successful when that player was a good, speedy ball-carrier. Size is desirable in the boy selected to play No. 2 back, fullback or spinner position, but the best players we have had at this position were also the fastest. The boy who is the No. 3 back, blocking back, must be one who loves contact—a rough, tough, hard-nosed player. In our opinion, a boy has never really known the joy of playing football unless he has played blocking back in a single wing offense. Our No. 4 back, wingback, is usually the fastest player on the squad.

The offensive line positions are numbered straight across from right to left. If a play is to be run wide to the right, the last digit in the number of the play will be 1 regardless of the play. When a play is to be run right over the right end, the last digit in the number of the play will be 2, over the right tackle 3, etc. If the last digit is 0, the play is a pass. The backs are numbered 1, 2, 3, and 4. The tailback and spinner also have the numbers 5 and 6 respectively in addition to their regular numbers 1 and 2. Thus a greater number of plays or series of plays in which either of the boys is the first ball-handler are possible.

If play 2311 is called, the ball will

**This series shows how we pull the center to take the defensive end on plays over our own left end. Notice how low he stays. He is using good form all the way. Although the wingback was the ball-carrier on the play he did not get into the picture because the camera was following the center.**



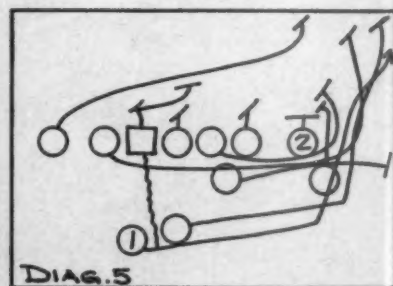
Play 611

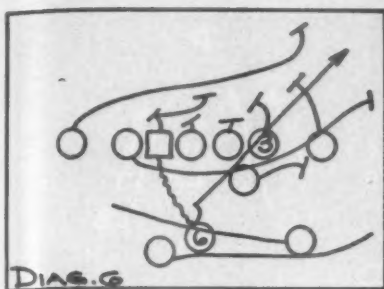
be snapped to the fullback who fakes a plunge straight ahead, but hands off to the blocking back who has turned around with his back to the line of scrimmage. The blocking back laterals the ball to the tailback who is running wide to the right. Thus each digit in the number of the play indicates something—the order in which the backs handle the ball and where the ball will finally go. On a buck lateral series play the quarterback will tell the wingback to stay in (Diagram 1) or flank (Diagram 3).

If the first digit in the number of the play is 6, a play will be run from the spinner series and the wingback will line up directly behind the right end and back even with the spinner (Diagram 2). This is similar to Dana X. Bible's Y formation. In all 6 series plays, the spinner spins toward the tailback and continues to spin counterclockwise, faking or giving to the tailback and then to the wingback. If the first digit in the number of the play is 5, the ball will be snapped to the tailback as the fullback crosses over in front of him. The tailback either gives to the fullback, fakes to the fullback and keeps for a run or pass or rides with the fullback as the quarterback and fullback do in the T formation belly series.

Options of the pass or run are used with our tailback and options of the keep or pitch-out are employed with the blocking back handling the ball in the buck lateral series. We believe our team has as much deception as teams that use other formations. Many times either our spinner, tailback or wingback has been even with the defensive

Play 12





Play 63

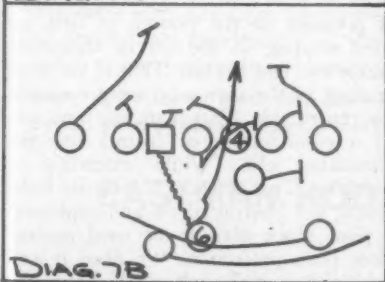
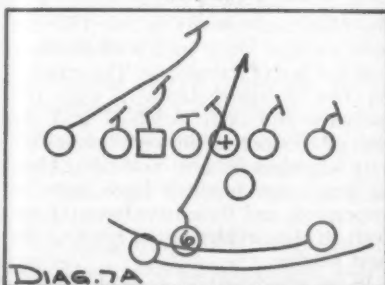
safety before the opposition knew he had the ball.

While we think our players do just about everything other teams do, the linemen have only eight plays or blocking assignments to learn. Diagrams 4 through 13 show the blocking used on plays through every line position. It will be noted that the blocking on plays 1 and 2 is approximately the same, and the blocking on the 8 and 9 plays is practically the same. Counting the running plays through the other five line positions and one blocking assignment for all passes, we have only eight blocking assignments at any one line position. Of course, every player on the team must learn what series the play is in and the necessary adjustments in that series.

If a hole cannot be made on plays run over the No. 4 line position by using straight blocking as shown in Diagram 7A, then the two guards will cross-block as shown in Diagram 7B. On cross-blocks the player who would normally be the lead blocker on a lead

(Continued on page 45)

Play 64



Play 64 with cross-blocking

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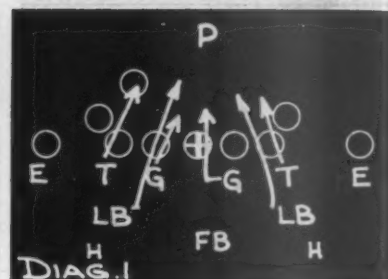


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# The Twin Screened Punt Return

By GUY M. LEWIS

Assistant Football Coach, Oxon Hill, Maryland, Senior High School



WHEN the screened punt return appeared on the football scene, we immediately incorporated it into our attack. Nothing has done as much to capture the imagination of the players or the fancy of the fans. The well-executed return was the element necessary to nullify the efforts of the opposition to keep the offense bottled up with a punting game.

For years long, soaring punts were used, with ends converging on the hapless ball-carrier, while his ten teammates, along with the coaches and fans, stood wondering if he could outmaneuver the on-rushing defensive eleven. In most instances, it was a question of how long it would be before the inevitable defeat of one against eleven would take place. Suddenly all this anxiety was changed when some clever coach devised the screen and placed his formerly near worthless ten players in positions of value along one of the sidelines. Now the punt receiver could get some much needed assistance if he could make the fence.

In order to delay the on-rushing defense, the double safety and the exchange or fake exchange aided the efforts of the offense in getting their ball-carrier to the screen. With these innovations new life was infused into the offense. Once again, the balance was in favor of the team in possession of the ball. The screened punt return was a tremendous striking force and was adopted as an integral part of the game. Now the offense had an effective weapon against the kicking game after years of being forced to work from extended distances. This action by the offense brought on an equal and opposite action by the defense.

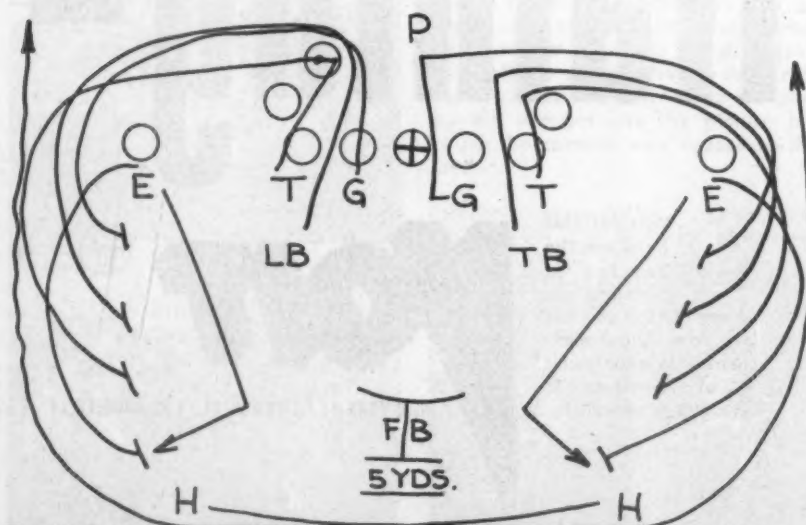
One of our greatest problems was that in using our linemen in the screen we could not take advantage of a poor snap or a slow kicker. As a result, time after time we watched as a bobbled snap was picked up, adjusted, and sent sailing far downfield. Our linemen, with instructions to hold only long enough to protect for the run before fanning downfield, failed to make adjustments.

When considering this basic fault, we were conscious of the fact that field position and time situations suggested a change in strategy from screening to rushing. However, adjustments under game conditions never seemed to be satisfactory. As time went on, we became aware of the fact that the defense had learned to read our screen pattern and defense it by sending a number of assigned men up the alley to meet the ball-carrier as he came down behind the wall. The naked side of the field was taken care of easily by a couple of assigned men who had only one back with which to be concerned. Communication in arranging the exchange and sideline designation caused us anxiety on numerous occasions when muffed opportunities resulted.

The final weakness which came to our attention was that with a string of eight blockers down the sideline we rarely ever had more than three blocks even on the most successful runs. The first and most important was our corner block thrown by the fanning end to break the back away to the screen. This first block was usually followed by one good middle block and a final block near the line of scrimmage. The remaining five potential blockers were unnecessary and often fumbled into the path of the ball-carrier or blockers. We were hindered by our own men. Over the years new methods have been incorporated, and these have been the answers to the problems that gave us the most trouble.

In an effort to take care of the lack of pressure on the punter, at first we tried sending in the off or short-side tackle and end to rush. That is, we were sending in the men who were opposite the return side. This plan was used until a combination of factors brought something else. While attending a coaching clinic at Duke University head coach, Bill Murray, drew and explained a punt block plan to be used against close punt protection. We liked it and during our early fall drills began to

(Continued on page 37)



DIAG. 2



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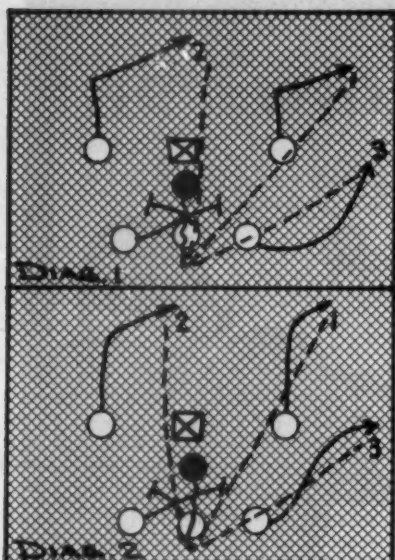
pletely from any angle.

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# A Passing Game for High Schools

By JOHN FILOR

Assistant Football Coach, Haverstraw-Stony Point Central School, Haverstraw, New York

A team's passing game can be improved and simplified for the backs and ends by using a simple system. We have found that boys learn plays which are similar more readily than those which are different from their regular running patterns. For example, in the split T offense, there are three basic plays from which others evolve. These three plays are the simple dive play, the fullback ride, and the option play. All three of these plays are run exactly the same way, the only difference being in the faking and the ball-carrier. In other words, the plays in a particular offense are usually similar to one another and a general pattern is used for all of them. We believe that our passing plays, in order to be most successful, must be patterned the same way. Thus they are made as simple as possible for the participant, yet all appear to be the same play as far as the opponent is concerned.

Pass plays can be called according to the name of the pass pattern being run by the end. For example, the quarterback might call *buttonhook right*, which means that the right end is going to buttonhook in front of the defensive

halfback on his side, while the other receivers run their particular pattern for all passes to the right. In other words, patterns for passes are always the same for all receivers with the exception of the man who is being told what to do, in this case the right end. Thus we always have two ends out with one halfback as a safety valve. This procedure is used extensively by the professional teams. We have just nine basic passes, eight of which are used either to the right or left, giving us a total of seventeen pass plays, which we believe to be sufficient for high school football. Of course, any of these pass plays can be made to look different by simply placing a flanker out or an end split more than usual.

Our basic pattern for passes is shown in Diagram 1.

If the pass is intended for the right end, the right halfback flares out to the right as a safety valve. On deep passes the halfback on that side can simply change from a flare to a flat as the safety valve (Diagram 2).

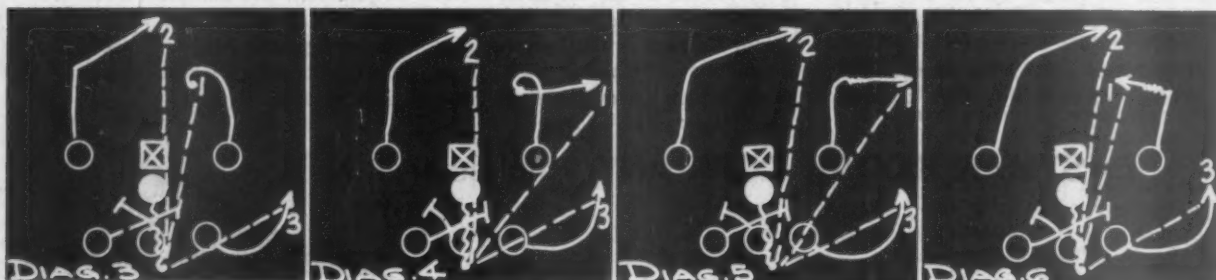
It will be noticed in the diagrams that all our pass patterns are to the right. The left end runs deep on the safety on all plays to the right. Of

course, this would be true in the case of the right end when the pass play is called to the other side. By using this method constant pressure is placed on both the defensive halfbacks and the safety on every pass play. Also, the ends need know only ten basic patterns to run, and since they have only nine patterns which might be called on their side, it is easy for them to concentrate on their assignments. The quarterback calls the plays in the huddle by telling the ends exactly what he is going to do on his pattern. For example, *buttonhook right* means that the right end is going to buttonhook in front of the defensive halfback on his side of the field.

Our pass patterns all appear the same to the defense, but our passers can throw nine different passes at one spot. We feel that any time the defense plays one-on-one our ends should beat this particular defensive man easily.

Diagram 3 shows the buttonhook right and left. The right end runs directly at the defensive halfback, stops, and buttonhooks to face the quarter-

(Continued on page 38)





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# Digging Up an Old Play— THE WEDGE

By FRANK KAPRAL

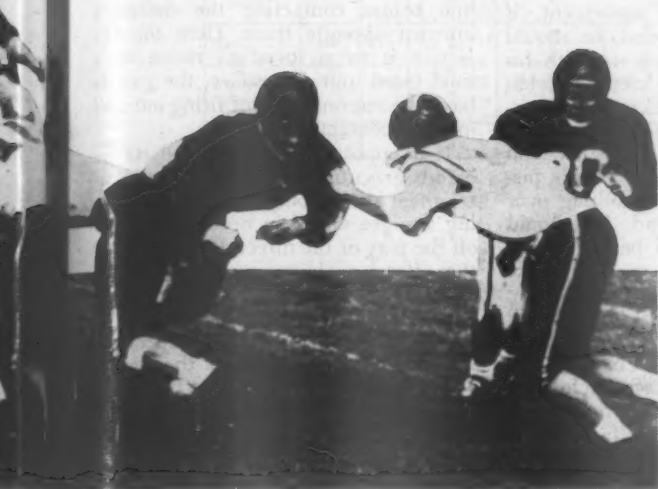
*Line Coach, U. S. Coast Guard Academy, New London, Connecticut*

**M**ANY coaches have found themselves in situations where inches were necessary for a first down, touchdown or an extra point. Tension mounts as the quarterback barks the signals for the ultimate surge forward which spells the difference between success or failure, and sometimes the winning or losing of a football game. In these situations just that little extra effort by the line could have changed the complexion of the game.

Coaches have a tendency to spend too little time on a play that could be the deciding factor of a game. The natural inclination in a tight situation is to rely on conventional plays which may or may not bring the desired results. Perhaps as the other phases of the running attack are organized, special consideration will be given to the short yardage series.

In an attempt to cope with the tremendous midfield and goal line stands made by the defense, which could be the turning point of a game, we use team unity blocking.





As a former lineman at Michigan State, team unity has great significance because it brought out some of the finest exhibitions of team blocking by a small line against the granite type defensive lines which were so prevalent in the Big Ten during the early 50's.

Because of our past experience under two great coaches, Biggie Munn and Duffy Daugherty, we are concerned with developing blocking maneuvers which are designed to help linemen achieve the desired results regardless of their physical condition, size, speed or the defensive line-up.

In many instances blocking assignments break down because the movements of the defensive charger cannot be predicted. Sometimes unorthodox alignments are problems in themselves especially when overloading a particular area. How can coaches compensate for these problems and instill the necessary atmosphere of confidence and determination to score in a tight position? In other words, the morale of the players is an important aspect which should be taken into consideration.

It is unbelievable, but in the pre-game planning by the

coaching staff at Michigan State for the 1950 Notre Dame game, it was decided that the entire unbalanced side of the line would pull out and sweep wide around their own end if it turned out that they could not gain through the line. Not only did this maneuver prove successful in the game, but it became part of the offense for the next few years. What made this play successful was the team unity blocking with no special assignments given. The offense was instructed to pick off the defensive men as they attempted to get to the ball-carrier.

This illustration is used to point out that the wedge play has a similar pattern of approach. The wedge is not designed to block any one defensive lineman, but to organize the majority of offensive linemen in a coordinated drive for the necessary yardage, while maintaining interlacing contact.

Illustration 1 shows our quarterback plunging for the winning touchdown behind the wedging line. Notice the defensive linemen have a tendency to raise up when it is impossible to penetrate the seams. It is difficult for defensive linemen to recover once they have overextended in their initial charge. The pressure exerted by the five interior offensive linemen who are pumping their feet like pistons generates enough force to move the opposing players on the opposite side of the line into the end zone. On this occasion the team lined up in the double wing with both ends split about four yards.

To demonstrate the versatility of the play, in another game we employed the right halfback diving over the center of the wedge on a first down and ten yards to go situation. The same halfback picked up five yards following the wedge. Then, as the defense broke down, he saw daylight and continued for another five before being stopped. Later in the game he made another five yards on a third down and three yards to go situation by diving from the same position.

During the daily breakdown drills we worked diligently on the wedge play and always stressed that it had to be made or the team would not score. Through constant repetition our linemen were sold on the idea that it could be done any time they put their minds to it. Sheer desire, determination, and drive were necessary to get the job done. Size is never mentioned to the players because we feel it is the fight in the dog that counts, not the dog in the fight.

As the season progressed, teams began to employ a very low submarine type charge to throttle the wedge. This charge added impetus to the regular plays. Our linemen reported that off-tackle plays were wide-open, and they took advantage of them with great success.

In a driving rainstorm against Worcester Polytechnic Institute, with field conditions unbelievable, our quarterback



scored on the wedge play from the five-yard line. This score was gratifying because footing was terrible and traction impossible. Several times during this game a first down was made when it was necessary.

The center standing alone is shown in Illustration 2. From his stance he should be able to start forward very well. His initial movement in starting ahead should be to drive very hard off both feet. The first few steps should be quick, short, and powerful while keeping his feet spread as he comes out of a low stance. As the apex is formed, his arms should be lifted upward, and his hands should be kept in contact with his chest. His fist should be clenched, with the palms of his hands turned in toward his chest. A raised elbow and upper arm make a much broader blocking surface. The opponent should not be driven laterally; he should be driven straight back, making it much more difficult to split the seams. An important point to remember is the longer the center maintains contact with the defensive man and drives him back, the higher up on the man he should slide the point of contact. This movement prevents the defensive man from reaching over to

make the tackle.

Throughout this action the center's head should be up, his neck slightly bulled, back straight, tail down, and his feet spread at least the width of his shoulders.

During the fire-out movement, if he is forced to the ground, he should try to push himself back up with his hands and continue to keep the team closed. If a defensive lineman submerges or makes a low charge under his legs, he should pick them up as high as possible and pump his feet like pistons as though he were vaulting over an object on the ground. He should never allow himself to be taken out of the wedge. The apex must be intact throughout the forward surge.

The center should have the feeling that it is he who is carrying the ball and must accomplish the objective of getting that first down or touchdown. He must be highly motivated in order to make the play successfully.

Illustration 3 shows the center and the two guards. In our style of offensive football, it is of prime importance that the linemen be able to explode at the snap of the ball. The wedge play is based upon the speed of charge of the linemen. In the conventional type

plays, like most running attacks in football, we want to make contact with the defensive linemen on their side of the line of scrimmage. However, on the wedge we want to make contact with our linemen on our side of the line before contacting the defensive linemen opposite them. Here the objective is to go over en masse as a solid laced unit. Therefore, the guards have the responsibility of firing out and making contact quickly.

It is important to have good stance before executing any move. The center's feet should be parallel and pointing straight ahead in order not to tip off the play or the direction from which the offensive charge may be coming. His feet should be spread about the width of his shoulders or be in a relatively comfortable position, depending upon the physical stature of the player. If possible, his knees should be flexed slightly and in line with his feet. His hand should be dropped to the ground on the same side as his staggered foot. Linemen should be cognizant of the fact that everything should point straight ahead with no leaning. Any violation will be a tip-off if the lineman is lackadaisical.

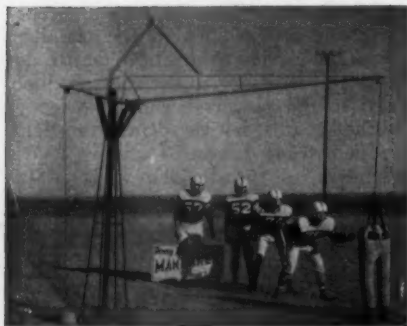
(Continued on page 42)

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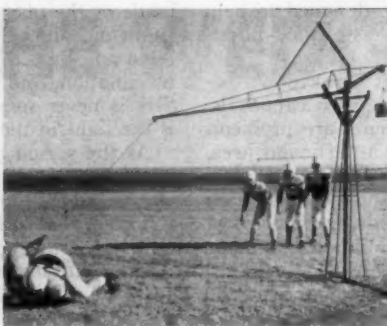
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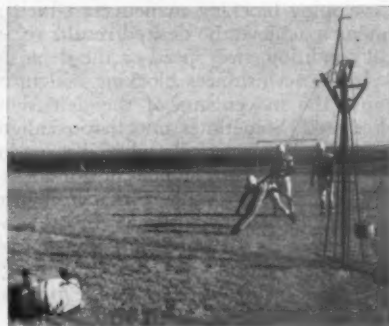
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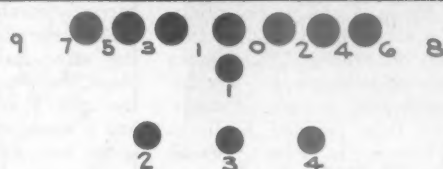
**ManMaker PopUp Tackling and Blocking Machine**

Look on Page 30

**DIAGRAM 1**

**DISTRIBUTION OF PLAYS BY OFFENSIVE MOLES AND SERIES**

SPLIT T SERIES	BSL	37	23	23	11	10	42	44	36	BSR
					FBC	FBC				
BELLY SERIES	19BO	37B	45B	33B			32B	24B	36B	18BO
		47BC		43BT			22BT		26BC	
POWER SERIES	49P	47P	45P					24P	26P	28P
CROSS-BACK SERIES	49PO	47XB		33X	31T	30T	32X		26XB	28PO
					31W	30W				
SPECIAL SERIES	39Q				Fullback Draw					38Q



# Let's Complicate the Offense

By **LLOYD H. HELGESON**  
Assistant Football Coach, University of Houston

**T**HE past two years have indicated a rapidly developing trend in high school and college football — the defense is catching up with the offense. The high-flying split T of other years has reversed its gears and coaches are dropping the *four yards and a cloud of dust* formation as though it were hot uranium. The scramble is on for a new cure-all for offensive ills. Many T coaches dusted off their old single wing plays last season. Some shifted to the Iowa winged T, and others experimented with the spread T used by the professional teams. We even saw a modern version of the old double wing.

However, before we bury the T formation, both split and tight, let us analyze the situation. Why has this high-powered offense been slowed to a walk? What has happened to those crowd-pleasing, long gaining quick-openers? Where are the wide pitch-outs, double spinning quarterbacks, and deceptive ball-handling that once characterized this formation? What happened?

Many people will say that the nine-man front defenses, the 5-4-2, 6-3-2, 7-2-2, and the 4-5-2 have derailed the T machine. Particularly, they point to the Oklahoma 5-4-2 as the culprit, and have statistics to prove their point. Perhaps these defenses have been a big factor, but T formation coaches are probably more responsible. We have oversimplified the formation. Its basic advantages have been destroyed in recent years in the search for simplicity. How many coaches have said proudly, *My boys learn my offense in thirty min-*

Lloyd Helgeson coached an army team in Germany in 1946, and then after completing his education at Nebraska coached Stanton, Nebraska to a league championship. Recalled to service, he coached Fort Leonard Wood to the Fifth Army championship. From 1952 to 1958 Helgeson coached in California high schools, the last four at Antelope Valley. His all-time coaching record shows 55 wins, 25 losses, and 4 ties. This past year was spent working for his doctor's degree at the University of Houston where last fall he assisted in football.

utes. These coaches have reduced the T formation to one or two backfield patterns, six to ten plays, and rule blocking for all linemen. What could be simpler? No wonder the defense is catching up.

While offensive coaches have been worshipping the idol of simplicity, the defensive coaches have been working overtime. They are teaching multiple defenses, disguised defenses, rotation, slanting, looping, red-dogging, keying, stemming, jumping, and a host of other team and individual techniques designed to overwhelm our oversimplified offenses. It is necessary to re-evaluate our offensive philosophies. We must reorganize our offenses to meet these recent developments in defense. Simplicity is not the major objective of offense.

If our football players are capable of more complicated defense, why should they not be capable of more complicated offense? During the decade 1940-1950, some T formation offenses were indeed complicated. A wide variety of offensive plays were taught and used effectively. It was not uncommon for each play to have a separate set of blocking assignments for each defense. Since there were many types of plays in use, offensive linemen were expected to be capable of knowing and carrying out many different types of assignments.

As more defenses and more variations of defenses developed, this type of offensive organization was abandoned by many coaches for the system of *tackle calls*, line quarterbacking. Coaches employing this system developed backfield patterns which could be executed with a variety of line blocking methods — trap blocking, wedge blocking, cross-blocking or straight one-on-one blocking. In the huddle, the quarterback called the play but the tackle on the side to which the play was to run would designate the blocking method at the hole after the players took their positions on the line of scrimmage. Of course, the tackle on the side away from the play would make a false call. This method met the challenge of changing defenses quite well and is still employed by many successful tight T coaches.

With the advent of split T popularity at the beginning of the present decade, offensive minded T formation coaches went on a simplicity kick. At coaching clinics throughout the country split T promoters told us to *spread the defense and run between them*. It did not take us long to figure out that all we needed then was a couple of fast half-backs to get *between them* and a quarterback who could get the ball to the hand-off point without stumbling. Linemen were taught one thing — to fire out on the snap and *make contact*.

Technique meant nothing. Consequently, the guards forgot how to pull out, trapping and cross-blocking became lost arts, and T quarterbacks became nothing but delivery boys. Most of us have dropped the quarterback option play because it was too complicated. Deception and intricate ball-handling are passe. Ball control and four yards became our objective. With the exception of the halfback run-pass option play, the forward pass was as obsolete as the flying wedge.

In the light of these developments, is it any wonder that the defense has caught up with the offense? Before long the defensive linemen refused to split with the offensive linemen, line-backers filled the gaps, corner backers protected the flanks, while ends took the quarterback option away. Since the forward pass was shunned like the plague, safety men were eliminated and the halfbacks moved up to six or seven yards off the line of scrimmage. The result was a stalemate.

It is obvious that the T formation needs a rebirth. We can no longer play football with the dive or buck, fullback slant, option play, and counter as our total ground offense. Since the defense has become more complex, the offense

must complicate itself. Offenses need more variety; they must be adjusted to current defenses; and they must be made capable of presenting new threats to the defense. The problem is how to achieve this objective without making the offense too confusing and difficult for the players to master.

One solution that we have found quite successful in recent years involves a combination of rule blocking and individual assignments. It has the advantage of allowing a large number of plays to be incorporated in the offensive system without making too much of a demand on offensive linemen in remembering assignments. It does involve a considerable amount of offensive coaching time devoted to back-field play. However, in order to obtain maximum advantage from the system, a number of different types or series of plays should be included. The more series that can be added effectively to the offense, the more the defensive problem will be increased.

We have generally used at least five series from the T formation during any one season: (1. the split T, (2. the belly, (3. the cross-buck, (4. the power, and (5. specials. By the end of the season the offense is generally capable of

running 20 to 25 plays effectively to either side of center. Diagram 1 shows the distribution of these plays by offensive holes and by series. For example, we can hit the 4 hole with play 44, 24 belly, and 24 power. We can hit the 9 hole with the end sweep left (quarterback option), 19 belly option, 49 power, 49 pitch-out, and 39 quick.

The holes are indicated for the offensive line, odd numbers on the left, even numbers on the right. The play number is a combination of the ball-carrier's number and the hole number. Since we are hitting the same holes with the same ball-carrier from different plays, the plays of all series other than the split T are designed by a number and a name, generally the name of the series, such as 26 cross-buck or 37 belly.

The primary objective of this system is to be able to hit each of the offensive holes with a number of different types of plays involving different types of blocking at the point of penetration. Diagram 2 shows the types of plays and blocking that can be brought to bear at one point of penetration along the offensive line, in this case the six hole. Each of the five plays diagramed against the Oklahoma 5-4-2 employs a differ-

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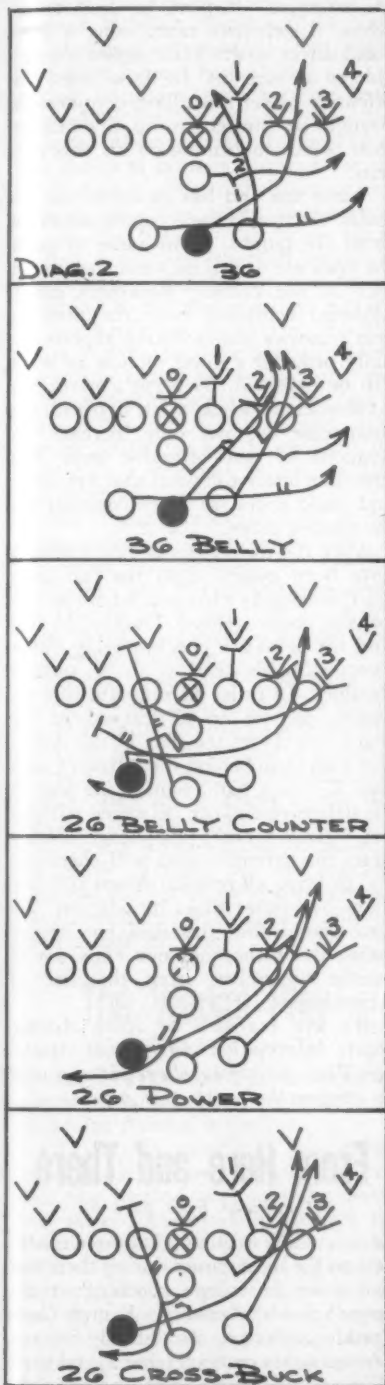
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ent type of blocking combination to hit this hole. One can readily see the pressure that is brought to bear on the defensive tackle who must protect the six hole against this variety of offense.

Against any defense these plays would employ the same blocking assignments. The quarterback problem in attack-

(Continued on page 33)



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## End Releasing

(Continued from page 14)

hard as possible. This motion will turn the body over and cause the end to spin to the outside.

This method of spinning has been successful, particularly against a defensive check who is trying to smash over the pass receiver on his way to our backfield. Once again, after setting the situation up passively, we work on the standing dummies until the end has confidence in his technique.

On many occasions pass receivers are actually held illegally at the line by the defensive check. We instruct our ends that if they are being held they should call out as loud as they can while the infraction is being committed. It is surprising how effective this *attention gatherer* can be. If it continues, the end reports to the captain who in turn reports the infraction to the officials.

It is possible, when a coach has an

exceptionally talented pass receiver, that a defensive team might find it wise to double-team him. When one of our ends is being double-teamed, he is told to split as far as he possibly can, isolating the two men with him. If he splits consistently, then the defense would be weakened considerably and our quarterback could use this weakness to our advantage.

The ends sometimes take advantage of defensive weapons to free themselves. A defensive man, using a forearm shiver, might find himself vulnerable to an arm lift. In these cases, the offensive player must have considerable strength to straighten up a defensive man before continuing on his pass pattern.

When the end has mastered the releases discussed, then combinations of them are taught. From game to game the ends are drilled on what they might face in the coming weekend's game. Material compiled from the previous year's movies and scouting reports usually provides a good picture of what can be expected. By using a particular combination such as a jab step with the submarine, we not only increase the weapons of our offensive ends, but stimulate interest in what they are doing and build them up psychologically for the coming game.

After the techniques of line releasing have been taught, then the end must learn to identify situations where he can use the proper release. Usually, he will find his defensive check playing either directly on his head or to his outside shoulder. In order to simulate this situation, we set up a drill where the coach can direct the play of the defensive man from behind the offensive position. By using hand signals, the play of the defensive end can be varied without the offensive end's knowledge. Sometimes the defensive man will check the end by using all possible means and positions and other times he will not. We have found that this drill has helped polish the techniques our ends use to release themselves from the line of scrimmage.

We are indebted to Rene Adams, sports information director at Michigan Tech, for the excellent pictures used in conjunction with this article.

## From Here and There

(Continued from page 6)

riety... Care to guess what three coaches won the most games during their first five years in college coaching at the larger schools? Answer — Everett Case, Forddy Anderson, and Freddy Schaus. See you again on September 1, and hope all of you will have a most pleasant summer.

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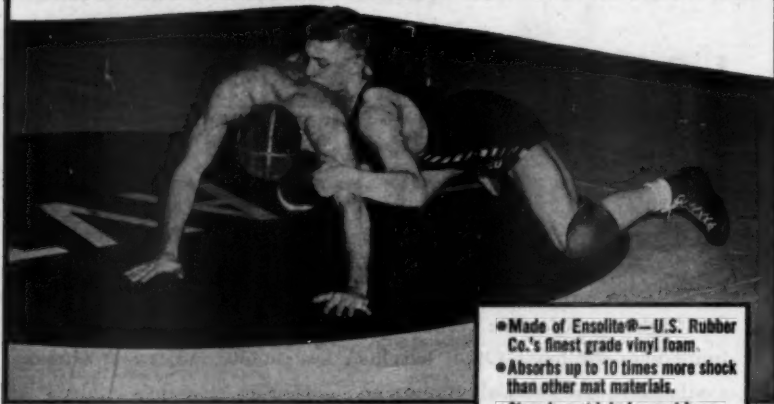
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## NEW FILMS

**Official Football**, 16mm sound, black and white. Approximate running time 27 minutes. Available for distribution July 1. Official Sport Film Service, 7 South Dearborn St., Chicago 3, Ill.

The newest addition to the already extensive and highly popular Official Sports Film library is "Official Football." It was filmed in the Municipal Stadium at Albuquerque and the playing personnel was selected from Highland High School in that city.

Play situations covering the basic rules of football as played under the National Alliance code are portrayed. The theme is centered around the official interpretation of the rules as they apply to the three teams always present on the field — the home team, visiting team, and that all-important third team — the officials.

Similar to the previous films put out by this important division of the National Federation, this one will be an aid to the coach in his teaching, and to the player in his playing. The film is adapted for use in school and community programs, and is excellent for booster club meetings as well as athletic banquets.

This is the nineteenth film in the series, and like the previous ones, it has been co-sponsored by General Mills, Inc., and Wilson Sporting Goods Co. Due to public interest in the previous films, this new one has been cleared for television.

"Official Football" will have its premier at the annual meeting of the National Federation to be held in Glacier Park July 1. After that time, prints will be available at all state high school athletic association offices or the distributors designated by these associations in the various states. Because of the heavy requests for the previous films, we suggest that you contact your state association immediately and reserve a date for fall.

## The Wedge Play

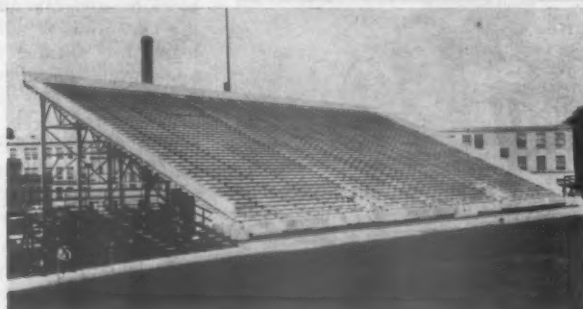
(Continued from page 31)

ing the six hole would be to select the play which most effectively attacks the particular defense being met.

To simplify teaching the assignments of the linemen as much as possible, the method of numbering defensive players developed by the late Jim Tatum while he was at Maryland has been adopted (Diagram 3). The linemen and linebackers are numbered according to their position from the ball to the outside. For blocking assignments, offensive linemen are assigned to defensive players by their numbers rather than their positions.

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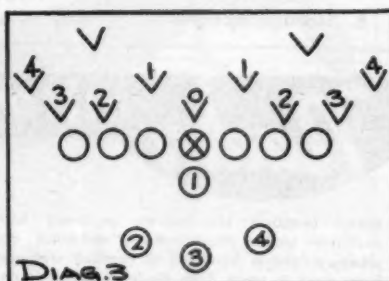
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Many split T teams use this method of numbered defensive players, but generally it is used as a basis for simple rule blocking in which the on-side guard is assigned to the No. 1 man, the tackle to No. 2, the end to No. 3, and a free back to No. 4. These are their blocking assignments on all plays with the exception of a few specials. These teams use nothing but straight ahead one-on-one shoulder blocking, and rely on the split line, spread the defense principle for success. This method is excellent for the basic split T plays and some drive or belly series plays, but the offense is necessarily limited and is the type with which defensive tacticians are rapidly catching up.

In Diagram 2, it will be noticed that blocking assignments have been made by the number method for cross-blocking, pulling, and double-teaming as well as straight-ahead blocking. This affords a variety of offense for it makes possible the use of a wide repertoire of plays. Regardless of the defense, the individual numbered assignments of each of these plays can be carried out as diagramed. Diagram 4 shows play 26 cross-buck blocking against various defenses.

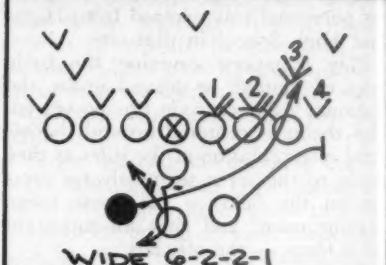


Since it is our desire to have several plays for each hole and a different type of blocking combination for each of the plays which attack a given hole, it might seem that the on-side linemen would have a large number of play assignments to learn. The numbering system generally reduces these assignments to not more than four for any one position. Regardless of the defense or the play called an on-side lineman will be blocking one of the four numbered defensive men or pulling for interference. Of course, he will have to know when he should double-team, cross-block, etc.

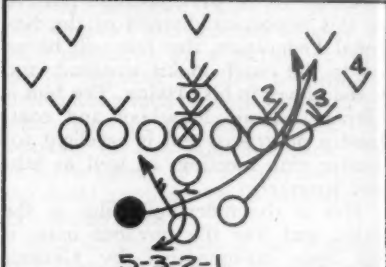
An assignment chart for each position which includes all of the offensive plays being used will be helpful in learning assignments. Diagram 5 shows a chart for the right tackles. A glance at the chart tells our tackle that he is never assigned to block the No. 4 man. He blocks the No. 3 man only on play 36 belly, and runs interference only on



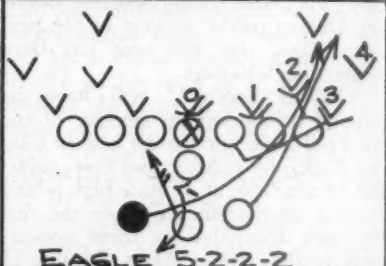
DIAG. 4 OKLAHOMA 5-4-2



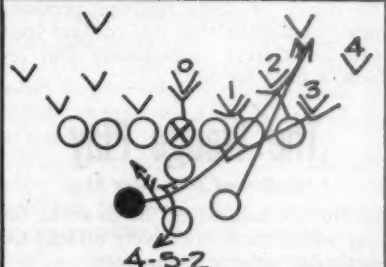
WIDE 6-2-2-1



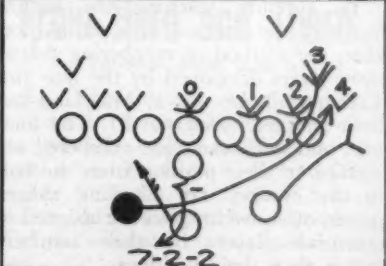
5-3-2-1



EAGLE 5-2-2-2



4-5-2



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play 28 pitch-out and play 38 quick. His major learning problem then is to memorize the plays in which he blocks the No. 1 man or the No. 2 man. This should be a simple task involving not more than a few minutes.

These charts are also an aid to the offensive line coach. He can easily determine from them the nature of assignments of each position and develop practice plans accordingly. He should give all linemen the experience of carrying out their assignments against all possible defenses that may be encountered during the season. Different types of blocks may be required to carry out each assignment against different defenses. To perfect each of these blocks will require considerably more practice time than would be expended in an offense that relied completely on the straight shoulder block.

Linemen on the side away from the play, the off-side, block according to rules. These rules are as follows: Guard — man-on, gap outside on-side halfback. Tackle—0-1, 8-9 holes — peel back behind the runner 2-3, 4-5, 6-7 holes — on-side halfback. End — off-side halfback.

The center's assignment in most plays will be the zero man. If there is no zero man, he blocks the on-side halfback.

In selecting plays to be incorporated into this type offense, each play is tested first by diagraming it against all the commonly employed defensive alignments. If it appears that the play can be executed adequately against all these defenses with no switching of blocking assignments, then we feel it can be in-

cluded in the offense. Naturally, not every type of T formation play will adapt itself to this number assignment system, but most of the basic plays of the various series will meet the requirements.

Against goal line defenses such as the gap-eight, the quarterback should be instructed to use only those plays which involve straight one-on-one blocking. Most normal assignments of pulling or cross-blocking will not adjust to the pinching goal line defenses.

It is essential that enough plays be included in the system so the players will be capable of attacking each offensive hole with more than one type of play and more than one type of blocking combination. The different plays for each hole should have enough contrast so they present a different picture and a different problem to the defensive team. This will tend to make defensive keying of offensive players less effective. As the quarterback becomes more familiar with the system, he can employ flankers, floaters, and split ends to further complicate the defensive problem.

The T formation is as fundamentally sound today as it ever was, but we have drifted away from its basic concepts. Its true strength lies in its overall potential from the balanced line, balanced back-field alignment. Coupled with this advantage is the variety of offense that can be developed from it with reasonable simplicity. Our goal should be to present as complicated an offense as possible to the defense while still retaining as much simplicity as possible in our own player assignments.

DIAGRAM 5

OFFENSIVE BLOCKING ASSIGNMENTS FOR RIGHT TACKLE				
No. 1	No. 2	No. 3	No. 4	INTERFERENCE
10	42	36 Belly		28 Pitch-Out
22 Belly Trap	44			38 Quick
24 Power	36			
30 Trap	End Sweep Right			
32 X	Fullback Counter			
26 Cross-Buck	32 Belly			
	24 Belly			
	18 Belly Option			
	26 Belly Counter (post)			
	26 Power (post)			
	28 Power			

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# More Energy and Endurance

By **BOB HOFFMAN**

*Coach U. S. Olympic Weight Lifting Team*

**T**HE difference between winning and losing, between championships won and lost, is greater endurance, which is the ability to keep going and striving in order to win.

Strength is of primary importance. Then we have endurance which makes possible a four-minute mile, and wins the longer races, the basketball game, the football game, and almost any athletic contest.

This strength and endurance come partly as a result of training, but largely through the fuel which is placed within the body. It has been said, that anything worth doing, is worth doing well, so it is wise for a coach or athlete not to overlook any points when it comes to training. Champions are those men who train conscientiously, practice long hours, follow closely the rules of good living, and supply their bodies with the elements it needs for building, maintenance, and bodily repair.

Energy is obtained from fats, oils, proteins, carbohydrates, sugars, and starches. The energy qualities of proteins and oils are released over a longer period. Sugars burn quickly for a short time. Thus dextrose could help in a short race, but would have little value in a longer race. When protein is used, it will maintain a discharge of energy for hours. However, oil is the best energy food, because it releases some quick energy yet has a great deal of staying power.

The yearbook published by the Department of Agriculture states: "Studies have given us these averages in calories per gram — carbohydrates 4.1, fats 9.5, and proteins 5.7. Sugars and starches are at least 98 per cent digestible and deliver about four calories per gram. The digestibility of fats is commonly taken at 95 per cent. According to Korcentschewsky and Zimmerman, oil made from the soy bean is digested and assimilated by man with 99 to 100 per cent efficiency.

We now have a ratio of 4-9 1/2, which illustrates the superior energy or endurance promoting ability of sugars and starches, versus the oil made from the soy bean. While experiment-

ing at Yale University, Mendel and his co-workers discovered the striking amount of activity exhibited by rats which were on a 37 per cent soy bean oil diet. Mendel said: "At periods of great activity several of these rats must have run constantly at a rate of 20 revolutions per minute for 10-hour periods, compared to the one or two hours that rats on a normal good diet would run." Although there is little likelihood that athletes will see how far or how long they can swim in freezing water, it is interesting to note that rats on a normal good diet could swim from three to five minutes in ice water without drowning, while the rats on the 37 per cent soy bean oil diet could swim for a full hour and live to swim again. These experiments show the heat and energy producing qualities of soy bean oil.

Products made of the entire soy bean should be used by ambitious athletes. In the 1956 Olympics nearly 100 per cent of the athletes who won medals were using a product made up of natural soya powder, which contains the oil mixed with non-fat milk, and egg albumen. The lactose in milk, which is also found in the non-fat milk, is believed by many to be one of the best sources of energy. In some quarters it is considered to be the best of all sugars and equal to the sugar of the soy bean in energy producing qualities.

Although protein is primarily a body building food, we can see from the Department of Agriculture figures that it contains even more energy than sugars and starches. The poorer grades of protein are not utilized completely, even in the presence of other complete proteins. However, proteins are not all alike; some are more digestible and assimilable than others. The protein of the soy bean, the white of egg, and curd of milk are the best proteins and are up to 99 per cent assimilable. Most books give the ratio 4-9-4 for the energy delivering qualities of proteins, oils, and carbohydrates.

Another good energy producing product is wheat germ oil. Although wheat is far from equal to the soy bean in all-around ability, the germ, which

contains the life of the plant, and is only an infinitesimal amount of the whole grain, has unusual value. An oil made from this germ has produced excellent results in energy producing qualities.

The germ oils are rich in natural vitamin E. This vitamin has a great many uses in the body, and it has been said that it favorably influences more bodily processes, in a somewhat mysterious manner, than any other vitamin. Vitamin E, which is contained in soy germ oil at the rate of 20 milligrams to the teaspoonful, serves as an oxygen accelerator. Working muscles, which are made up of working cells, need 30 times as much oxygen when working as they do when they are not working. Vitamin E also reduces the need for oxygen, because combustion is much more efficient when this vitamin is present in good quantities. A tablespoonful of germ oil provides 50 to 60 milligrams of vitamin E.

Energy is produced through the combustion of glycogen or blood sugar with oxygen in the muscle. Muscular contraction takes place as a result of a discharge of energy stored in the muscle. Energy is replenished during the recovery period, and the net result is a complex series of reactions in the oxidation of the lactic acid, a product formed when sugar is metabolized by the muscle. Fatigue appears to be due to the accumulation of lactic acid inside the muscle fibers.

According to the Encyclopedia Britannica, "Formation of lactic acid can be delayed or prevented by sufficient oxygen, and once formed it will disappear in the presence of oxygen." Unless the athlete has warmed up well, and this also means balanced the intake of oxygen with the lactic acid removal, an oxygen debt will soon accrue. If it were not for the body's ability to use much more oxygen than is carried by the capillaries, no effort of any considerable severity could be made. Even a short race, such as a hundred yards, will create an oxygen debt which will take many minutes to overcome, from 5 to 20, depending upon the condition of the athlete.

A part of the improvement in the performance of athletes which has been brought about by training is due to increased efficiency of the muscles to convert the potential energy of food into mechanical energy. As the body becomes more efficient, there is less lactic acid, and its removal is more efficient, thus warding off fatigue.

Winning is the primary object of training; therefore, athletes should be provided with the best high protein food supplements and germ oils in order to attain their goals.

## Punt Return

(Continued from page 22)

teach the method. Diagram 1 shows the plan.

Our linemen gave that extra effort in an attempt to get to the punter. Then the adjustment was made, not by us, but by the players during scrimmage. They started to fan back down the field if they failed to block the punt successfully. In an instant we had an answer — it worked — the linemen had time to get into good screen position after rushing the punter. Now we could put pressure on the kicker and keep the screen. It was found that the screen actually worked better as the pressure on the protecting linemen kept them home longer, giving our backs added time. The double threat of blocking the punt or returning it made ours a far more aggressive and more effective attack.

The second problem was to prevent the defense from reading our screen and converging on that side of the field in overwhelming numbers. As mentioned previously, we found that our return went best when a good fake caused the defense to hesitate. When this happened, the return was successful with only the three key blocks. To help our faking and to get the number of absolutely necessary men into the screen we decided on a double *alley* — one down each sideline — with four men in each. Diagram 2 shows the line-up.

After a few games, the plan developed, resulting in the type of delayed action on the part of the defense that was needed. With a good fake by both backs we found the spread defensive effort going for the runners and making the job of the blockers easier.

The last problem was the lack of field communication. Hasty decisions made at the last moment often resulted in muffed assignments. It is understandable, that due to the pressure of time and the various playing situations, mix-ups result if choices are left until the last second. In order to solve this problem, the players were instructed to return the ball to our bench. Another idea was to return it to the right or to the left side of the field for an entire game. With the double screen in use it was no longer necessary for the linemen to receive any communication. The only decision necessary was between the backs. In cases where the players were having trouble with the exchange, they were instructed to let the man who fielded the punt keep it. If we found both backs equally capable, we allowed them to decide on a plan just before the punt. When the backs are carrying out the fakes, both

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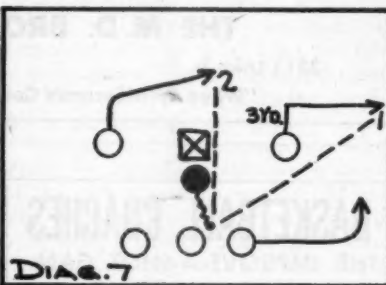
## Passing Game

(Continued from page 24)

back. Our left end runs deep on the safety. Then the right halfback flares as the safety valve. Choices for the quarterback are numbered in order of preference.

The hook and go, right and left, is shown in Diagram 4. The right end buttonhooks in front of the defensive halfback, and then cuts sharply toward the sideline.

In the wrinkle out, right and left (Diagram 5), the right end runs right at the halfback and when the defensive man starts to move back, he cuts sharply for the sideline.

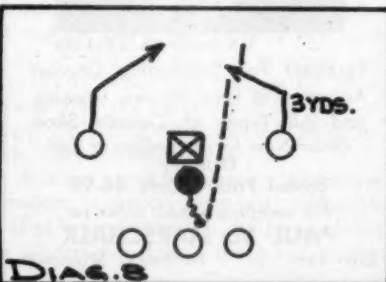


The wrinkle in, right and left, is shown in Diagram 6. On this pattern the right end runs directly at the halfback again, and when the halfback starts to move back he cuts sharply toward the center of the field.

Diagram 7 shows the flat right and left. The right end goes straight downfield three yards and then cuts sharply toward the sideline. This is a quick pass.

In the quickie right and left (Diagram 8), the right end goes straight downfield three yards and then cuts sharply over center.

The cross on the safety is shown in



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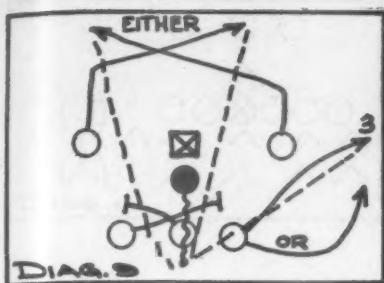


Diagram 9. Both ends run directly at the safety man or to the middle of the field and then criss-cross.

Diagram 10 shows the halfback pass, right and left. The halfback uses the same flare that he usually uses on all passes to his side. This pass is called after the defense has watched the halfback flare a few times on other passes and does not play him close.

The option pass, right and left, is shown in Diagram 11. This is a regular option play with a fake to the dive man and a pitch to the left halfback

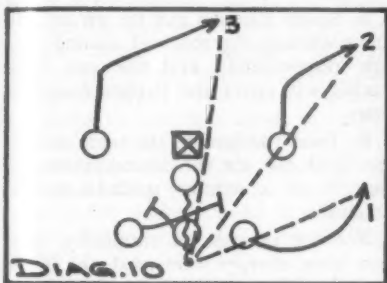


Diagram 10. The halfback can either run or throw.

By teaching the basic maneuvers that an end must know such as the quickie, flats, buttonhook, hook and go, wrinkles in and out, and crossing on the safety at the beginning of the season the players learn our passing offense. Then, when it is time to put the pass plays into the offense, the ends know their assignments. By using this method the coach not only saves time, which is always important in any season, but he gives his boys a simple yet effective passing game.

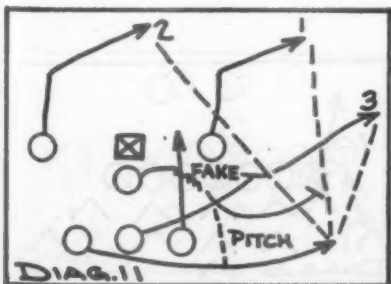


Diagram 11. This is a regular option play with a fake to the dive man and a pitch to the left halfback



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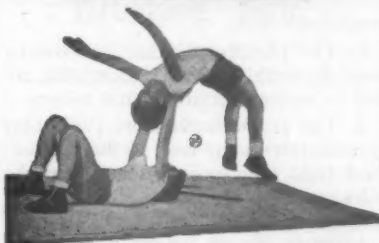
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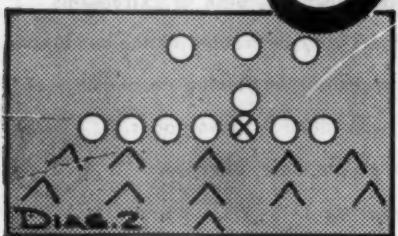
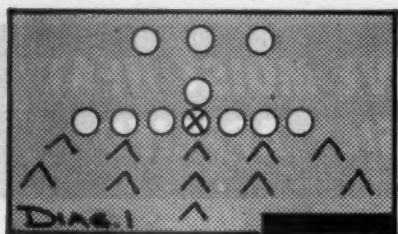


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# 55 Defense

By **BOB CHATTERSON**

Assistant Football Coach, Fenton, Michigan, High School

**L**ACK of time for thorough defensive preparation led the freshman football team at Fenton to employ a stop-gap stunting defense last year. The success of that stunting defense, the 55 defense, points toward the possibility of its use by varsity level players.

The 55 defense is so named because it is comprised of five linemen and five linebackers. Diagram 1 shows a balanced line, and an unbalanced line is shown in Diagram 2. These five linemen, with the exception of the ends, are head-on to the men opposite them. Our ends are allowed to position themselves on the outside shoulder of the offensive end, should this be necessary to the fulfillment of their assignments. The linebackers, except the end linebackers, play from one to two yards deep and immediately behind the linemen. Our end linebackers play one step outside the defensive ends. The safety plays from two to five yards deep directly behind the middle linebacker. In our opinion, the value of this deployment is that any of the ten men near the line of scrimmage may stunt, thus upsetting rigid blocking rules.

Bob Chatterson is a fairly recent graduate of Western Michigan, and in his first year of coaching at Hopkins, Michigan assisted in football, was head coach of the baseball team, and head coach of the junior high school basketball team. A year ago he moved to Fenton where he has been assistant football coach and head scout.

In teaching the 55, the following general coaching points should be kept in mind:

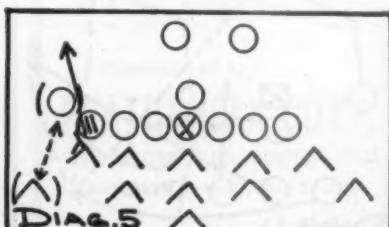
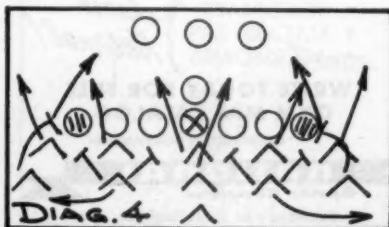
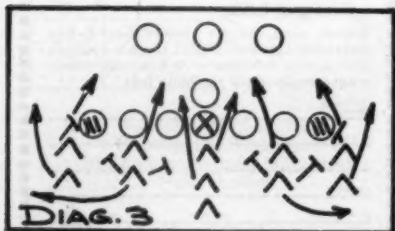
1. The offensive ends must be smashed at the line of scrimmage, thus eliminating the possibility of the long touchdown pass.
2. The players who are penetrating must do so aggressively. These men are told to tackle everything that moves.
3. The tackle linebackers (who play immediately in the rear of the tackles) must hold their positions and seal the holes, or drop off to the flats for pass protection.
4. The safety is charged with protecting against any deep pass receiver or ball-carrier who breaks through the secondary.

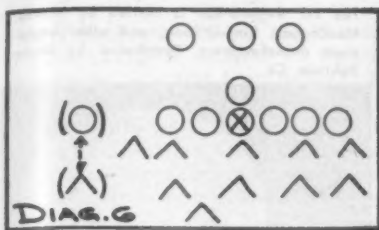
5. Single flankers call for an adjustment wherein the end will assume outside responsibility and the end linebacker will cover the flanker man-for-man.

6. Twin flankers on the same side of the field call for the abandonment of the 55 to a regular spread-coverage defense.

For the purpose of simplicity, only two basic charges were used, the 55 in and the 55 out (Diagrams 3 and 4).

The 55 in charge calls for the middle guard to shoot the gap to his right. Then the tackles fire through their inside gaps. The ends crack the offensive ends hard, and then crash into the opponent's backfield. Our middle linebacker *red dogs* the first gap to his left. The tackle linebackers hold position, filling in where holes develop. On pass plays, the tackle linebackers drop off to the flats. It is important that the tackle linebackers do not retreat more than seven yards. Drifting back farther invites a dangerous flat pass. The end linebackers should come across the line in an alert manner. They must not penetrate too deeply,





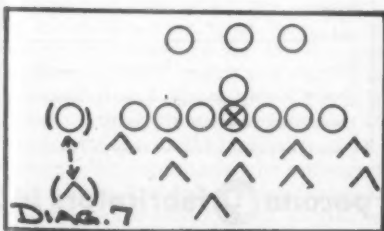
nor must they allow the ball-carrier to get around them. The safety plays in such a way that he can stop any possible break-through. The most important duty of the safety is to stop the long pass from being caught.

In addition to the 55 in, the 55 out charge is used. The 55 out is called against teams that employ the roll-out or when a wide play appears likely.

The middle guard, in the 55 out charge, fires through the first gap to his left. Then the tackles move through the outside gaps, making sure they are under good body control and able to come back to the inside. The ends flare out shallow, and then protect the flanks. Our middle linebacker blasts through the first gap to his right. The end linebackers slash in hard, banging the ends before moving into the enemy's backfield. Most end linebackers are prone to complain about the difficulty of this assignment; however, with proper desire and a little practice, the job can be done effectively. The duties of the safety and the tackle linebackers remain the same as they were for the 55 in.

Flankers and teams employing a wing man call for an adjustment involving the end linebacker and the end (Diagrams 5, 6, and 7). The end linebacker will ignore his prearranged charge and play the flanker or wing man man-for-man. The end also disregards the prearranged signal and charges straight ahead. He assumes the duty of protecting the flank. Should a back flank out, leaving an end in the line, the defensive end must crack the man across from him before covering the flank.

When a flanker moves out, the end linebacker on that side will call *flanker*. This verbal stimulus is used to make the defensive end aware of his new



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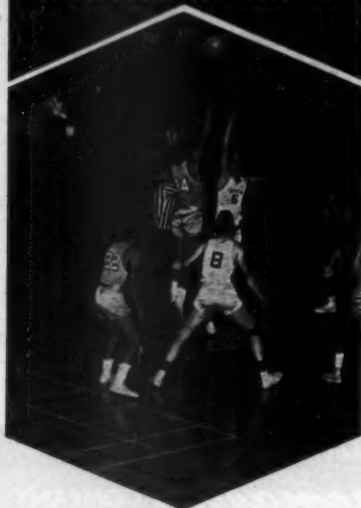
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responsibility. Flankers do not affect the assignments of the other nine men.

Two flankers on one side of the field elicit the verbal call, *spread*. A spread situation triggers the abandonment of the 55 and the employment of a 6-2 spread-coverage pattern.

The chief advantages of the 55 defense are:

1. It is extremely easy to teach. Inexperience is no handicap in learning the relatively simple assignments.

2. Players like the idea of fooling the offense as to their intentions. The ensuing confusion of the offensive team generates confidence in the total defense.

3. The simplicity of teaching the 55 defense provides valuable time for learning the offense.

4. From the basic 55 alignment, shifting to either of the basic defenses—the 5-3 or the 6-2—was accomplished with ease.

5. The 55 renders blocking rules and assignments largely ineffectual.

Used as a shock type defense, the 55 is effective as a short-term stopper until holes in the basic defense can be repaired.

## The Wedge Play

(Continued from page 28)

The guard should move diagonally, aiming his head directly under the lifted arms of the center and into the center's armpit and rib cage, with the juncture of his neck and shoulder. After he has fired out, and at the last possible moment, the guard's head should be slipped past the center's armpit, making contact with the concave between his right shoulder and head. As contact is made, the guard's left arm and shoulder should be lifted vigorously as his head is brought up in contact with the center. His fist should be clenched and the back of his hand should be brought up. This lifted arm and shoulder make a good target surface for the tackle to strike.

The guard's shoulder, neck, and head should exert tremendous force under the center's armpit so that each player will be held in contact and there will be no exposed area between them. Once the guard makes contact, the center should drop his arms on the top side of his shoulders, thus providing a type of knitting.

The same principle applies here as it does in the center's block — back straight, tail down, feet spread pumping like pistons, and short, choppy, quick steps. Remember, the guard should step and lunge in making contact with the center. If he starts to fall toward the ground, he should push

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himself back up with his inside arm. If a low charge is initiated, he should pick up his legs and keep driving. It is important for the guard to be able to explode out of his stance and move quickly for the first few steps of the play. As his speed increases, he should rise gradually to a full running position.

Employing the same stance as the left guard, the right guard should explode out and make contact with the juncture of the center's left shoulder and neck. As this contact is made, the guard's right shoulder should be elevated quickly to establish a target for the tackle who is coming in from his outside. It is mandatory for the seam to be fastened by driving the feet and executing all the fundamental principles mentioned in Illustration 3.

The legs and feet of both guards should be placed behind the center's legs in a staggered position to insure an impregnable seam.

In practice, we stress that our linemen keep their heads down in order

Frank Kapral played on the Michigan State teams of 1949, '50, and '51 where he received numerous citations for honorable mention on All-American teams. He captained the Blue team in the Blue-Gray game, and stayed on after graduating to coach the freshman team. After serving as head coach at Fort Sam Houston, he coached at Standish and Coldwater, Michigan, High Schools. Kapral went to Dartmouth as assistant football and head wrestling coach in 1956. He joined the Coast Guard staff in 1958. Speaking of the wedge play, Bob Blackman of Dartmouth had this to say: "Mike Brown, son of Paul Brown, who would have to be considered a mediocre runner, ranked in the top ten scorers in the United States in the 1956 season, making all but one of his TD's on the wedge play."

to watch the so-called *sacred area* which is about knee high from the ground. In the event a defensive charger makes a low approach, they can observe every movement and decide upon the course of action to be taken and adjust accordingly.

Illustration 4 shows the center, the guards, and the tackles. At the present time many teams employ line splits which are advantageous to the wedge play. If a tackle makes intelligent use of his splits throughout the game, he will assist the play when the close one presents itself.

Usually, when inches are necessary for a first down or touchdown, there is a natural tendency for the linemen to move in close, sometimes shoulder-to-shoulder and hip-to-hip. This is a mistake because it makes the point of attack obvious in the majority of instances. We approach the situation with regular line splits which makes it difficult to analyze. Also, it has a tendency to spread the gap-eight type



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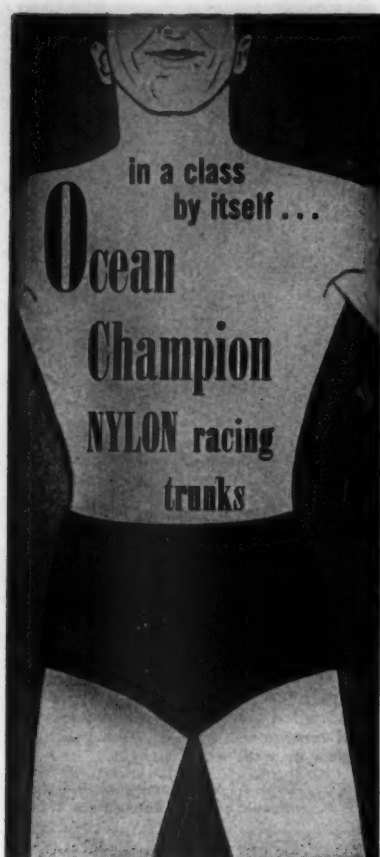
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defense, giving our players a better opportunity to punch the ball over. In the shoulder-to-shoulder and hip-to-hip type wedge, there is a great possibility of one offensive lineman being knocked back due to his reaction time at the snap of the ball. In other words, if he fires out too slowly, the defensive man has the advantage. This movement has a definite effect upon the unity of the forward surge.

We have our tackles take a minimum split of about a half a yard from the guard to his inside. This will give them the necessary space to fire out diagonally and to exert enough pressure toward the apex to assure a sizeable move. We want them to get up a good head of steam to move the man who is playing to the inside. Through experience we have found that varying the splits when the close yardage presented itself helped more than using the minimum split.

In this illustration, the left tackle aims his head for the armpit of the left guard. He does not slide his head under the guard's arm initially, but tries to maintain contact with his head in the armpit as long as possible before slipping it under. His responsibility is to exert as much pressure toward the center as possible. This movement allows the tackle to use his right hand to maintain balance and body control for any type movement. The tackles are regarded as control men and need the use of their arms in case of a change of direction by the apex.

The right tackle uses the same movement as the left tackle. From his minimum line split he steps diagonally toward the right guard and makes contact at the armpit and rib cage. He maintains this position until he feels pressure from his outside while pumping his legs and lacing the seam between the guard and himself.

Our tackles are instructed to elevate their arms so the end can aim for the concave between the guards' extended arms and hips. Sometimes the ends are not able to make contact at this point so we instruct them to buck the buttocks of the tackles with their heads.

The center, the guards, tackles, and the ends are shown in Illustration 5. With passing becoming more popular, teams have a tendency to line up with split ends and slot situations when they are in need of the short one. Of course, this line-up is employed as a deceptive move but it must be respected even though it may be unorthodox. Here the thinking is to spread out the defense as much as possible without losing the scoring punch.

If a team has a good passer and several fine receivers, and has been hitting effectively during the course of a game, the defense will play loose. As

shown in Illustration 1, our ends are split several yards. This spacing places a heavy burden upon the four interior defensive linemen to stop the wedge. They were outnumbered and our team scored a touchdown.

Basically, in setting up the play, it is wise to keep the end in instead of using the split position. He should be given practice in firing out and adjusting to the tackle's movement. After he learns how to fire out and adjust, he should be shifted into the splits.

Our left end aims for the tackle's armpit and makes contact with his arm as quickly as possible. Sometimes he strikes the buttocks of the tackle because he is split out too far for an effective approach. This is an individual problem which can be worked out easily. As long as the end seals off the inside seam between the tackle and himself, he has done his job.

Our right end completes the organization of the wedge play by blasting into the tackle's armpit to seal off the approach path of the defensive charger. He has the same responsibilities as the other end. Both ends follow the same principles as the interior linemen in stance, starts, and follow-through.

An important point to teach is the starting movement. A conscious effort should be made not to start leaning forward before the ball is snapped. The start should be made by taking a quick, short jab step directly backward with the staggered foot or from a parallel toe-to-toe stance, whichever feels natural. Notice that the same foot which was jabbed directly backward must be brought forward in the first step. It seems strange that the first two movements are made with the same foot. However, it is actually the most natural thing to do and is quite easy. In track the first step is with the back foot. We do the same thing here only we jab the foot backward in order to push off from it.

The quarterback is instructed to move straight ahead until he feels the center has been stopped. Then he breaks for the first opening available, depending upon penetration of the defensive linemen.

The success of the wedge play depends upon keeping the seams laced tight between each lineman. It is necessary to emphasize the importance of firing out of the offensive stance and aiming toward an objective which is the armpits of the lineman to the inside. Once contact is established, it must be maintained regardless of the deployment of the defense. For maximum results the interlocking armpit objective must be achieved; otherwise penetration is inevitable.

In the wedge, the smaller, less powerful lineman receives the cooperation

of the man to his outside which adds the necessary impetus if he has been exposed to severe pressure. When all linemen apply pressure toward the apex of the wedge, it is difficult for any defensive lineman to stop the forward penetration of the group team effort.

It is important for every member of the football squad to feel that he has what it takes to get the job done when the time arrives. There is nothing more discouraging to a player than to be defeated continually in the tight squeeze. Placing great demands upon offensive linemen when they may be out of gas after a long series of downs is not only unfair, but brings lack of team morale and confidence.

Since the wedge play has no specific blocking assignments, this fact alone takes the pressure off that tired blocker to a great degree. He knows that a reasonable amount of effort on his part can provide the scoring punch. At times a player feels he does not have the size, strength or experience that his opponent may possess and is defeated before he starts.

Intelligence and common sense are prerequisites in a tactical situation which is nothing more than the ability to get along from play to play in an intelligent manner. Sometimes common sense is not so common when football teams approach scoring territory.

Respect and thoughtfulness should be the prime consideration of a coaching staff when devising plays within the crucial areas. Methods of compensation should be explored constantly to maintain team morale.

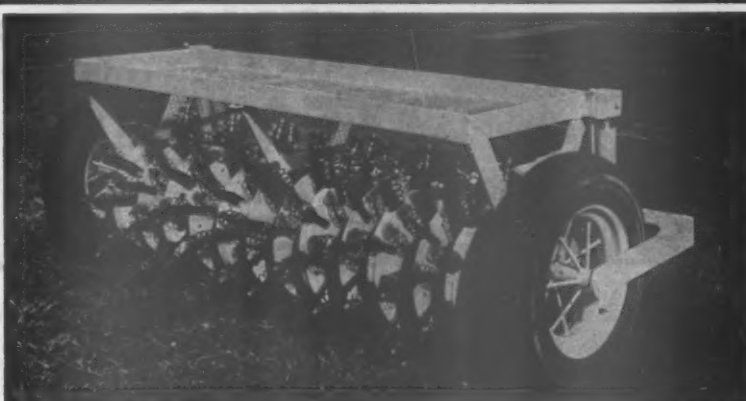
When a coach employs a play that incorporates team unity blocking, he has made a genuine contribution to his team's morale.

Currently we are working on a film involving all of our wedge plays over the past year. This film will be available on a loan basis when it is completed by contacting us at the U. S. Coast Guard Academy.

## Modern Single Wing

(Continued from page 21)

post block goes first. The other player hitch steps and crosses behind the lead man. When cross-blocking, we do not attempt to send a man through the hole ahead of the ball-carrier. Therefore, if the play shown in Diagram 7A must be run with cross-blocking as shown in Diagram 7B, the blocking back and the right end change assignments. We have signals for the blockers to use for switching assignments. They may change the signal among themselves several times during the game; however, this change must be called at the line



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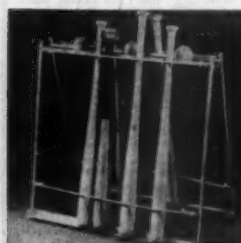
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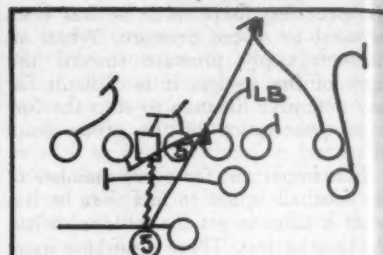
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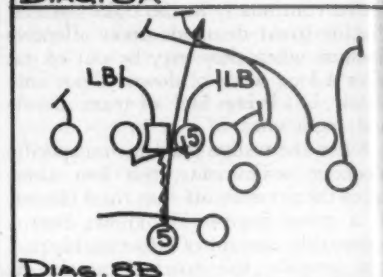


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Play 55



DIAG. 8A

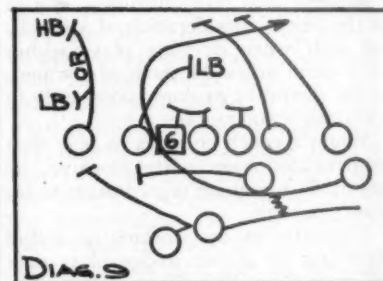


DIAG. 8B

Play 55

of scrimmage.

A double trap is used when running over the No. 5 lineman. If he has an angle on a lineman to his left, the play shown in Diagram 8A is run. If he does not have an angle on a defensive lineman to his left, he and the



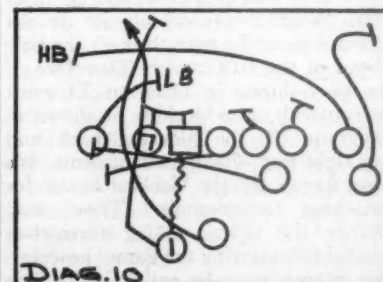
DIAG. 9

Play 246

center go through on the linebackers as shown in Diagram 8B. This maneuver usually provides downfield blockers to spare.

Some coaches may doubt the wisdom of trying to pull the center to block

Play 17



DIAG. 10

# Top basketball coaches say: "You're a better ballplayer in new U.S. Royal Pro-Keds!"



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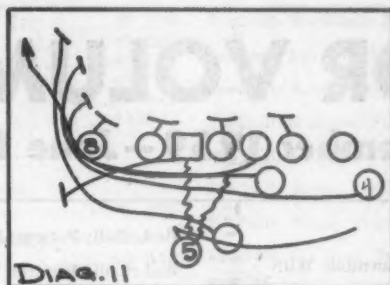


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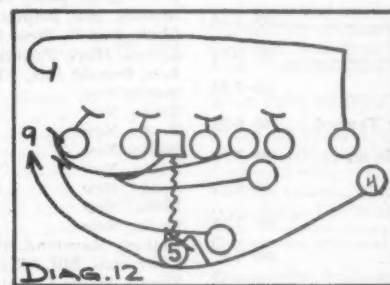
Sports Dept., Rockefeller Center, N.Y. 20, N.Y.



Play 548

the outside defensive lineman as we do on our 8 and 9 plays (Diagrams 11 and 12). We decided to try this maneuver four years ago and it worked so well we have been using it ever since. During the last four years we have had three different regular centers and they have all been able to perform this seemingly difficult assignment.

The pass play shown in Diagram 13 is used a great deal. There are about six different patterns which are run on

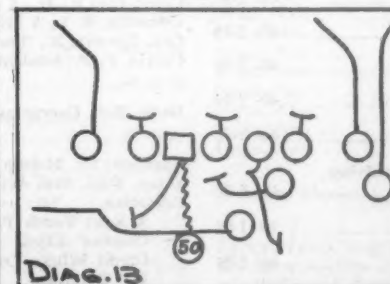


Play 549

this one play. Our players like to throw the running pass and have several pass plays which start similar to a companion running play.

We do not claim that the blocking system we use and have illustrated is perfect; in fact, changes have to be made every year to make it fit our personnel. The important thing is that the players believe in it, and the coaching staff is proud of the success we have had.

Play 50



DIAG. 13

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## AWARDS & TROPHIES

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- 2 Harter, House of, Track award ribbons
- 3 Noble & Co., Inc., F.H., "Noble" trophies

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- 6 Dudley Sports Co., Catalog pitching machine
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- 9 Hanna Mfg. Co., Bat catalog
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- 11 Tober Baseball Mfg. Co., Inc., Catalog

## BASKETBALL EQUIPMENT

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- 3 Gared Corp., Backyard basketball goal set
- 4 Harter, House of, Weighted basketball vest
- 5 Marschalk, Paul M., "Improve-A-Shot"
- 6 Mohawk Valley Sports, Inc., Blinders, tap-in baskets, backstops, and foul indicators
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- 10 Wells, Cliff, "Spotters" basketball teaching aid

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- 42 Castadia, Inc., Pre-cast concrete stadiums
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- 44 Earlville Bleacher Corp., Bleachers
- 45 Fair-Play Scoreboards, Catalogs
- 46 Gardner Speed Marker Co., "Speed Marker"
- 47 Georgia Marble Co., "Plus 5" white line markers for fields
- 48 Guest Products Corp., "Chief" megaphones
- 49 Gymnastic Supply Co., Catalog gymnastic equipment
- 50 H. & R. Mfg. Co., Booklet on field markers
- 51 Monroe Seating Co., Catalog
- 52 Naden Industries, Catalogs on scoreboards
- 53 National Stopwatch Co., Stopwatch repairs
- 54 Porta Sport, Batting cages, track hurdles, and lacrosse goals
- 55 Roseman Tractor Equipment Co., Descriptive literature tiller rake
- 56 School Equipment Sales Services, Electric scoreboards
- 57 Scott Port-a-Fold Seat Co., Literature
- 58 Supreme Markers, Pressure line marker
- 59 Travelrain, Power sprinklers
- 60 Union Metal Mfg. Co., Floodlight pole designs
- 61 Universal Bleacher Co., Catalog
- 62 Vibra-Whirl & Co., Charging sleds

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- 63 West Point Products Corp., Booklet "Improving Athletic Field Turfgrass"

## FILMS & FILM PROCESSING

- 64 A-V Motion Picture Service, Price List
- 65 Black Studio, Information on processing football films
- 66 Champions on Films, Catalog
- 67 Eastman Kodak Co., Bulletin V3-21

## FLOOR FINISHES

- 68 Hillyard Chemical Co., Literature
- 69 Huntington Laboratories, Inc., "Seal-O-San Basketball Coaches Digest." Free to coaches and officials. All others please send 50 cents handling fee.

## FOOD PRODUCTS

- 70 Health Research, Inc., Information "Stim-O-Stam" food supplement
- 71 Hoffman, Bob, Information "Energol" germ oil concentrate
- 72 Kiefer & Co., Adolph, Information on food supplements
- 73 Kretschmer Wheat Germ Corp., Booklet "Suggested Ways of Feeding Wheat Germ to Athletes in Training"

## FOOTBALL EQUIPMENT

- 74 Crowther, Rae, Information 2-and 7-man charging sleds
- 75 ManMaker Football Machines, Information "ManMaker" football machines
- 76 McMillan Sports, Inc., Football face guards
- 77 Nocona Leather Goods Co., Catalog on pads
- 78 Ohio Athletic Specialty Co., "D.N." face bar and "Speed" cleats
- 79 Paschka, Gordon, Free fall dummy release, shiver pads, and charging harness
- 80 Pocono Fabricators, Inc., Catalog P-F20
- 81 Protection Equipment Co., Catalog
- 82 Riddell, Inc., John T., Helmets and face guards
- 83 Vibra-Whirl & Co., Charging sleds
- 84 Wright Products Co., "Tuffie" football cleats

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# 85 Hillerich & Bradsby Co.,

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## **GYMNASIUM EQUIPMENT**

86 Aalco Mfg. Co.,

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87 American Playground Device Co.,

Literature uniform hangers

88 Atlas Athletic Equipment Co.,

Catalog "Ensolite" mats

89 Castello Fencing Equipment Co.,

Catalog

90 DeBourgh Mfg. Co.,

Catalog "All-American" lockers

91 Gymnastic Supply Co.,

Catalog

92 Harvard Table Tennis Co.,

Harvard Tournament Kit - free

93 Jayfro Athletic Supply Co.,

Catalog

94 Maggie Magnetic, Inc.,

Portable coaching aids

95 Marcy Gymnasium Equipment Co.,

Catalog weight training equipment

96 Master Lock Co.,

Combination padlocks. Free sports calendar

97 McArthur & Sons, George,

School towel plan

98 Medart Products, Inc., Fred,

Complete catalog

99 Mutual Aids,

Free samples cut-out letters

100 National Gym Products,

Catalog

101 National Sports Co.,

Catalog on mats

102 Program Aids Co., Inc.,

Catalog on various coaching aids

103 Protection Equipment Co.,

Catalog on mats

104 Smash,

Free rules and playing hints

105 Southern Barbell Mfg., Co.,

Body building gymnasium equipment

106 Troy Laundry Machinery,

"Troy Laundrite" equipment

106A U.S. Mat Co.

Catalog

107 Volland Mat Co.,

"Plastilite" gym mats

108 Wells Lumber Co.,

Booklet "Money-Making Gym Floors"

109 York Barbell Co.,

Catalog

## **NETS**

110 Linen Thread Co., The

Sports netting

111 Sterling Net & Twine Co., Inc.,

Literature on golf nets and batting cages

## **REBOUND TUMBLING EQUIPMENT**

112 Aalco Mfg., Co.,

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113 American Trampoline Co., The,

Catalog

114 Buchanan Machine Co.,

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115 Fenner Hamilton Corp.,

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116 Nissen Trampoline Co.,

Booklet "What You Should Know About Rebound Tumbling"

## **RUBBER BALLS**

117 Pennsylvania Athletic Products,

"For Your Bulletin Board" inserts

(A) football; (B) basketball; (C) baseball; (D) track; (E) volleyball; (F)

softball; (G) tennis; (H) swimming;

(I) badminton

118 Seamless Rubber Co.,

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119 Voit Rubber Corp.,

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and baseballs

## **SHOES**

120 Beacon Falls Rubber Footwear,

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121 Converse Rubber Co.,

Basketball, track, and tennis shoes

122 Hood Rubber Co.,

Bob Cousy basketball booklets

123 Mishawaka Rubber Co., Inc.,

Scouting Book

124 Riddell, Inc., John T.,

Football, basketball, baseball, and track shoes

125 Sports Equipment Corp.,

Catalog

126 Spot-Bilt,

Catalog

127 U.S. Rubber Co.,

Basketball, track, and tennis shoes

## **SKATING EQUIPMENT**

128 Canada Cycle & Motor Co., Ltd.,

Information "Tackaberry Prolite"

skates

129 Ecker Bros.,

Skating supplies

## **SWIMMING EQUIPMENT**

130 American Playground Device Co.,

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131 Kiefer & Co., Adolph,

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132 Ocean Pool Supply Co.,

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## **TENNIS EQUIPMENT**

133 Ball-Boy, Inc.,

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134 Dunlop Tire & Rubber Corp.,

Free book "How to Play Winning Tennis"

## **TRACK EQUIPMENT**

135 Aerco, Inc.,

"Aerco" shot put

136 Aluminum Athletic Equipment Co.,

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137 Amett, Richard W.,

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138 Carlton Athletic Supply Co.,

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139 Economy Track Equipment Co.,

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140 Gill Co., The,

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141 Holmes Folding Hurdle Co.,

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142 K. & P. Athletic Co., The,

"Dowmetal" crossbars

143 Pacific Laminates

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144 Air Pad & Brace Co.,

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145 Aqua-Spa Corp.,

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146 Becton Dickinson & Co.,

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147 Bike Web Co.,

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148 Chattanooga Pharmacal Co.,

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149 Connecticut Bandage Mills,

"Elasticfoam" bandages

150 Denison Orthopaedic Appliance

Corp., C.D.,

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151 Elmer's Handicaps,

Descriptive brochure training weights

152 Featherlax Corp.,

"Featherbite" protective mouthpiece

153 Horn & Bro., Wm. H.,

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154 Johnson & Johnson

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155 Laurens Laboratories,

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156 Niagara Therapy Mfg., Corp.,

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157 Precision Athletic Goggle Co.,

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158 Rich & Co.,

Brochure

159 Seamless Rubber Co.,

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160 Seron Mfg. Co.,

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161 Snow-Proof Co., The,

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162 Vibra-Whirl & Co.,

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163 Wolverine Sports Supply,

Weight jacket and heel cup

164 Whitehall Electro Medical Co.,

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166 Heuer Timer Corp.,

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